The Compleat HOUSEWIFE: OR, *Accompliſh'd Gentlewoman's* COMPANION:

Being a Collection of upwards of Six Hundred of the moſt approved Receipts in

Cookery,	Cakes,
Paſtry,	Creams,
Confectionary,	Jellies,
Preſerving,	Made Wines,
Pickles,	Cordials.

With Copper Plates curiouſly engraven for the regular Diſpoſition or Placing the various Diſhes and Courses.

AND ALSO

BILLS of Fare for every Month in the Year.

To which is added,

A Collection of above Three Hundred Family Receipts of Medicines; *viz. Drinks, Syrups, Salves, Ointments*, and various other Things of ſovereign and approved Efficacy in moſt Diſtempers, Pains, Aches, Wounds, Sores, *&c.* never before made publick; fit either for private Families, or ſuch publick-ſpirited Gentlewomen as would be beneficent to their poor Neighbours.

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By *E. SMITH.*

The Ninth Edition, *with very large Additions; not in any of the former Impreſſions.*

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Price Five Shillings.

Elizabeth Mitchell

PREFACE.

IT being grown as unfashionable for a Book now to appear in publick without a Preface, as for a Lady to appear at a Ball without a Hoop-Petticoat, I shall conform to Custom for Fashion-sake, and not through any Necessity; the Subject being both common and universal, needs no Arguments to introduce it, and being so necessary for the Gratification of the Appetite, stands in need of no Encomiums to allure Persons to the Practice of it, since there are but few now-a-days who love not good eating and drinking; therefore I entirely quit those two Topicks; but having three or four Pages to be filled up previous to the Subject itself, I shall employ them on a Subject I think new, and not yet handled by

any of the Pretenders to the Art of Cookery; and that is, the Antiquity of it; which if it either inſtruct or divert, I ſhall be ſatisfied, if you are ſo.

COOKERY, Confectionary, &c. *like all other Sciences and Arts, had their Infancy, and did not arrive at a State of Maturity but by ſlow Degrees, various Experiments, and a long Track of Time; for in the Infant Age of the World, when the new Inhabitants contented themſelves with the ſimple Proviſion of Nature,* viz. *the Vegetable Diet, the Fruits and Productions of the teeming Ground, as they ſucceeded one another in their ſeveral peculiar Seaſons, the Art of Cookery was unknown; Apples, Nuts, and Herbs, were both Meat and Sauce, and Mankind ſtood in no need of any additional Sauces, Ragoos,* &c. *but a good Appetite, which a healthful and vigorous Conſtitution, a clear, wholſome, odoriferous Air, moderate Exerciſe, and an Exemption from anxious Cares, always ſupply'd them with.*

WE read of no palled Appetites, but ſuch as proceeded from the Decays of Nature by reaſon of an advanced old Age; but on the contrary, a craving Stomach even upon a Death-bed, as in Iſaac; *nor no Sickneſſes but thoſe that were both the firſt and the laſt, which*

which proceeded from the Struggles of Nature, which abhorr'd the Diſſolution of Soul and Body; no Phyſicians to preſcribe for the Sick, nor no Apothecaries to compound Medicines for two Thouſand Years and upwards; Food and Phyſick were then one and the ſame thing.

BUT when Men began to paſs from a Vegetable to an Animal Diet, and feed on Fleſh, Fowls and Fiſh, then Seaſonings grew neceſſary, both to render it more palatable and ſavoury, and alſo to preſerve that Part which was not immediately ſpent, from ſtinking and Corruption; and probably Salt was the firſt Seaſoning diſcovered; for of Salt we read, Gen. xiv.

AND this ſeems to be neceſſary, eſpecially for thoſe who were advanced in Age, whoſe Palates, with their Bodies, had loſt their Vigor as to Taſte, whoſe digeſtive Faculty grew weak and impotent; and thence proceeded the Uſe of Soops and ſavoury Meſſes; ſo that COOKERY *then began to become a Science, though* LUXURY *had not brought it to the Height of an ART. Thus we read, that* Jacob *made ſuch palatable Pottage, that* Eſau *purchaſed a Meſs of it at the extravagant Price of his Birth-right. And* Iſaac, *before by his laſt Will and Teſtament he bequeathed his Bleſſing to his Son*

Eſau, *required him to make ſome ſavoury Meat, ſuch as his Soul loved,* i. e. *ſuch as was reliſhable to his blunted Palate.*

SO that Seaſonings of ſome ſort were then in uſe; though whether they were Salt, ſavoury Herbs, or Roots only; or Spices, the Fruits of Trees, ſuch as Pepper, Cloves, Nutmegs; Bark, as Cinnamon; Roots, as Ginger, &c. *I ſhall not determine.*

AS for the Methods of the Cookery of thoſe Times, Boiling or Stewing ſeems to have been the principal; Broiling or Roaſting the next; beſides which, I preſume ſcarce any other were uſed for two Thouſand Years and more; for I remember no other in the Hiſtory of Geneſis.

THAT Eſau *was the firſt Cook, I ſhall not preſume to aſſert; for* Abraham *gave Order to dreſs a fatted Calf; but* Eſau *is the firſt Perſon mentioned that made any Advances beyond plain dreſſing, as boiling, roaſting,* &c. *For though we find indeed that* Rebeccah *his Mother was accompliſh'd with the Skill of making ſavoury Meat as well as he, yet whether he learned it from her, or ſhe from him, is a Queſtion too knotty for me to determine.*

BUT Cookery *did not long remain a ſimple Science, or a bare Piece of Houſewifry, or Family Oeconomy, but in proceſs of Time, when Luxury enter'd the World, it grew to an Art, nay, a Trade; for in* 1 Sam. viii. 13. *when the* Iſraelites *grew Faſhioniſts, and would have a King, that they might be like the reſt of their Neighbours, we read of Cooks, Confectioners,* &c.

THIS Art being of univerſal Uſe, and in conſtant Practice, has been ever ſince upon the Improvement; and we may, I think, with good reaſon believe is arrived at its greateſt Height and Perfection, if it is not got beyond it, even to its Declenſion; for whatſoever new, upſtart, out-of-the-way Meſſes ſome Humouriſts have invented, ſuch as ſtuffing a roaſted Leg of Mutton with pickled Herring, and the like, are only the Sallies of a capricious Appetite, and debauching, rather than improving the Art itſelf.

THE Art of Cookery, &c. *is indeed diverſify'd, according to the Diverſity of Nations or Countries; and to treat of it in that Latitude would fill an unportable Volume, and rather confound than improve thoſe that would accompliſh themſelves with it; I ſhall therefore confine what I have to communicate within the Limits of Practicalneſs and Uſe-*

fulneſs; and ſo within the Compaſs of a Manual, that ſhall neither burthen the Hands to hold, the Eyes in reading, nor the Mind in conceiving.

WHAT you will find in the following Sheets, are Directions generally for dreſſing after the beſt, moſt natural, and wholſome Manner, ſuch Proviſions as are the Product of our own Country, and in ſuch a Manner as is moſt agreeable to Engliſh *Palates; ſaving, that I have ſo far temporiz'd, as ſince we have, to our Diſgrace, ſo fondly admired the* French *Tongue,* French *Modes, and alſo* French *Meſſes, to preſent you now and then with ſuch Receipts of* French *Cookery as I think may not be diſagreeable to* Engliſh *Palates.*

THERE are indeed already in the World various Books that treat on this Subject, and which bear great Names, as Cooks to Kings, Princes, and Noblemen, and from which one might juſtly expect ſomething more than many, if not moſt of thoſe I have read, perform; but found myſelf deceiv'd in my Expectations; for many of them to us are impracticable, others whimſical, others unpalatable, unleſs to deprav'd Palates; ſome unwholſome, many Things copy'd from old Authors, and recommended, without (as I am perſuaded) the Copiers ever having had any Expe-

Experience of the Palatableneſs, or had any Regard to the Wholſomneſs of them; which two Things ought to be the ſtanding Rules, that no Pretenders to Cookery ought to deviate from. And I cannot but believe, that thoſe celebrated Performers, notwithſtanding all their Profeſſions of having ingenuouſly communicated their Art, induſtriouſly concealed their beſt Receipts from the Publick.

BUT what I here preſent the World with is the Product of my own Experience, and that for the Space of Thirty Years and upwards; during which Time I have been conſtantly employ'd in faſhionable and noble Families, in which the Proviſions ordered according to the following Directions, have had the general Approbation of ſuch as have been at many noble Entertainments.

THESE Receipts are all ſuitable to Engliſh *Conſtitutions and* Engliſh *Palates, wholſome, toothſome, all practicable and eaſy to be perform'd; here are thoſe proper for a frugal, and alſo for a ſumptuous Table, and if rightly obſerv'd, will prevent the ſpoiling of many a good Diſh of Meat, the Waſte of many good Materials, the Vexation that frequently attends ſuch Miſmanagements, and the Curſes not unfrequently beſtow'd on Cooks with the uſual Reflection, that whereas* God ſends good Meat, the Devil ſends Cooks.

PREFACE.

AS to those Parts that treat of Confectionary, Pickles, Cordials, English *Wines,* &c. *what I have said in relation to Cookery is equally applicable to them also.*

IT is true, I have not been so numerous in Receipts as some who have gone before me, but I think I have made amends in giving none but what are approved and practicable, and fit either for a genteel or a noble Table; and altho' I have omitted odd and fantastical Messes, yet I have set down a considerable Number of Receipts.

THE Treatise is divided into ten Parts; Cookery contains above a Hundred Receipts, Pickles Fifty; Puddings above Fifty; Pastry above Forty; Cakes Forty; Creams and Jellies above Forty; Preserving an Hundred; Made Wines Forty; Cordial Waters and Powders above Seventy; Medicines and Salves above Three Hundred; in all near Eight Hundred.

I HAVE likewise presented you with Schemes engraven on Copper-Plates, for the regular Disposition or placing the Dishes of Provision on the Table, according to the best Manner, both for Summer and Winter, first and second Courses, &c.

AS

PREFACE.

AS for the Receipts for Medicines, Salves, Ointments, good in ſeveral Diſeaſes, Wounds, Hurts, Bruiſes, Aches, Pains, &c. *which amount to above Three Hundred, they are generally Family-Receipts, that have never been made publick, excellent in their kind, and approved Remedies, which have not been obtain'd by me without much Difficulty, and of ſuch Efficacy in Diſtempers,* &c. *to which they are appropriated, that they have cured when all other Means have failed; and a few of them which I have communicated to a Friend have procured a very handſome Livelihood.*

THEY are very proper for thoſe generous, charitable, and Chriſtian Gentlewomen that have a Diſpoſition to be ſerviceable to their poor Country Neighbours, labouring under any of the afflicted Circumſtances mentioned; who by making the Medicines, and generouſly contributing as Occaſions offer, may help the Poor in their Afflictions, gain their Good-will and Wiſhes, entitle themſelves to their Bleſſings and Prayers, and alſo have the Pleaſure of ſeeing the Good they do in this World, and have good reaſon to hope for a Reward (tho' not by way of Merit) in the World to come.

AS

PREFACE.

AS the Whole of this Collection has cost me much Pains, and a Thirty Years diligent Application, and I have had Experience of their Use and Efficacy, I hope they will be as kindly accepted, as by me they are generously offer'd to the Publick; and if they prove to the Advantage of many, the End will be answer'd that is propos'd by her that is ready to serve the Publick in what she may.



A BILL

A BILL *of* FARE *for every Season of the Year.*

For JANUARY.

First Course.

COllar of Brawn
Biſque of Fiſh
Soop with Vermicelly
Orange-Pudding with Patties
Chine and Turkey
Lamb-Paſty
Roaſted Pullets with Eggs
Oyſter-pye
Roaſted Lamb in Joints
Grand Sallad, with Pickles.

Second Course.

Wild Fowl of all Sorts
Chine of Salmon broil'd, with Smelts
Fruit of all Sorts
Jole of Sturgeon
Collar'd Pig
Dry'd Tongues, with ſalt Sallads
Marinated Fiſh.

For FEBRUARY.

First Course.

SOOP Lorain
Turbot boil'd with Oyſters and Shrimps
Grand Patty
Hen Turkeys with Eggs
Marrow-Puddings
Stew'd Carps and broil'd Eels
Spring Pye.
Chine of Mutton with Pickles
Diſh of Scotch Collops
Diſh of Salmigondin.

Second Course.

Fat Chickens and tame Pigeons
Aſparagus and Lupins
Tanſy and Fritters
Diſh of Fruit of Sorts
Diſh of fry'd Soles
Diſh of Tarts, Cuſtards, and Cheeſecakes.

For MARCH.

First Course.

DISH of Fiſh of all Sorts
Soop de Santé
Weſtphalia Ham and Pigeons
Battallia-Pye
Pole of Ling
Diſh of roaſted Tongues and Udders
Peaſe-ſoop
Almond-Pudding of Sorts
Olives of Veal a-la-mode
Diſh of Mullets boil'd.

Second Course.

Broil'd Pike
Diſh of Notts, Ruffs, and Quails
Skerret Pye
Diſh of Jellies of Sorts
Diſh of Fruit of Sorts
Diſh of cream'd Tarts.

For

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Grand Sallad, with Pickles.

Second Course.

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Fruit of all Sorts
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Marinated Fiſh.

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Almond-Pudding of Sorts
Olives of Veal a-la-mode
Diſh of Mullets boil'd.

Second Course.

Broil'd Pike
Diſh of Notts, Ruffs, and Quails
Skerret Pye
Diſh of Jellies of Sorts
Diſh of Fruit of Sorts
Diſh of cream'd Tarts.

For

A Bill of Fare for

For April,

First Course.

Westphalia-Ham and Chickens
Dish of hash'd Carps
Bisque of Pigeons
Lumber Pye
Chine of Veal
Grand Sallad
Beef-a-la-mode
Almond Florentines
Fricassee of Chickens
Dish of Custards.

Second Course.

Green Geese and Ducklings
Butter'd Crab, with Smelts fry'd
Dish of sucking Rabbits
Rock of Snow and Syllabubs
Dish of souc'd Mullets
Butter'd Apple-Pye
March-Pain.

For May.

First Course.

Jole of Salmon, &c.
Cray-fish Soop
Dish of sweet Puddings of Colours
Chicken-Pye
Calves-head hash'd
Chine of Mutton
Grand Sallad
Roasted Fowls a-la daube
Roasted Tongues and Udders
Ragoo of Veal, &c.

Second Course.

Dish of young Turkeys larded, and Quails
Dish of Pease
Bisque of Shell-fish
Roasted Lobsters
Green Geese
Dish of Sweetmeats
Orangeado Pye
Dish of Lemon and Chocolate Creams
Dish of collar'd Eels, with Cray-fish.

For June,

First Course.

Roasted Pike and Smelts
Westphalia-Ham and young Fowls
Marrow Puddings
Haunch of Venison roasted
Ragoo of Lamb-stones and Sweetbreads
Fricassee of young Rabbits, &c.
Umble Pyes
Dish of Mullets
Roasted Fowls
Dish of Custards.

Second Course.

Dish of young Pheasants
Dish of fry'd Soles and Eels
Potato-Pye
Jole of Sturgeon
Dish of Tarts and Cheese-cakes
Dish of Fruit of Sorts
Syllabubs.

For JULY.

First Course.

COCK Salmon with butter'd Lobster
Dish of Scotch Collops
Chine of Veal
Venison Pasty
Grand Sallad
Roasted Geese and Ducklings
Patty Royal
Roasted Pig larded
Stew'd Carps
Dish of Chickens boiled, with Bacon, *&c.*

Second Course.

Dish of Partridges and Quails
Dish of Lobsters and Prawns
Dish of Ducks and tame Pigeons
Dish of Jellies
Dish of Fruit
Dish of marinated Fish
Dish of Tarts of Sorts.

For AUGUST.

First Course.

WEstphalia-Ham and Chickens
Bisque of Fish
Haunch of Venison roasted
Venison Pasty
Roasted Fowls a-la-daube
Umble Pyes
White Fricassee of Chickens
Roasted Turkeys larded
Almond Florentines
Beef a-la-mode.

Second Course.

Dish of Pheasants and Partridges
Roasted Lobsters
Broiled Pike
Creamed Tart
Rock of Snow and Syllabubs
Dish of Sweetmeats
Salmigondin.

For SEPTEMBER.

First Course.

BOil'd Pullets with Oysters, Bacon, *&c.*
Bisque of Fish
Battalia Pye
Chine of Mutton
Dish of Pickles
Roasted Geese
Lumber Pye
Olives of Veal with Ragoo
Dish of boil'd Pigeons with Bacon.

Second Course.

Dish of Ducks and Teal
Dish of fry'd Soles
Butter'd Apple-Pye
Jole of Sturgeon
Dish of Fruit
March-pane.

For

A Bill of Fare, &c.

For OCTOBER.

First Course.

WEstphalia-Ham and Fowls
Cods-head with Shrimps and Oysters
Haunch of Doe with Udder a-la-force
Minc'd Pyes
Chine and Turkey
Bisque of Pigeons
Roasted Tongues and Udders
Scotch Collops
Lumber Pye.

Second Course.

Wild Fowl of Sorts
Chine of Salmon broil'd
Artichoke-Pye
Boil'd Eels and Smelts
Salmigondin
Dish of Fruit
Dish of Tarts and Custards.

For NOVEMBER.

First Course.

BOil'd Fowls with Savoys, Bacon, *&c.*
Dish of stew'd Carps and scollop'd Oysters
Chine of Veal and Ragoo
Sallad and Pickles
Venison Patty
Roasted Geese
Calves-head hash'd
Dish of Gurnets
Grand Patty
Roasted Hen Turkey with Oysters

Second Course.

Chine of Salmon and Smelts
Wild Fowl of Sorts
Potato pye.
Slic'd Tongues with Pickles
Dish of Jellies
Dish of Fruit
Quince-Pye.

For DECEMBER.

First Course.

WEstphalia-Ham and Fowls
Soop with Teal
Turbot, with Shrimps and Oysters
Marrow Pudding
Chine of Bacon and Turkey
Battalia-Pye
Roasted Tongue and Udder, and Hare
Pullets and Oysters, Sausages, *&c.*
Minc'd-pyes
Cods-head with Shrimps.

Second Course.

Roasted Pheasants and Partridges
Bisque of Shell-fish
Tansy.
Dish of roasted Ducks and Teals
Jole of Sturgeon
Pear-Tart cream'd
Dish of Sweetmeats
Dish of Fruit of Sorts.



THE
Compleat Houſewife:
OR,
Accompliſh'd Gentlewoman's
COMPANION.

COOKERY, &c.

To make a Soop.

TAKE a Leg of Beef, and boil it down with ſome ſalt, a bundle of ſweet-herbs, an onion, a few cloves, a bit of nutmeg; boil three gallons of water to one; then take two or three pounds of lean Beef cut in thin ſlices; then put in your ſtew-pan a piece of butter, as big as an egg, and flour it, and let the pan be hot, and ſhake it till the butter be brown; then lay your Beef in your pan over a pretty quick fire, cover it cloſe, give it a turn now and then, and ſtrain in your ſtrong broth, with an anchovy or two, a handful of ſpinnage and endive

boiled green, and drained and ſhred groſs: then have pallets ready boiled and cut in pieces, and toaſts fry'd and cut like dice, and forc'd-meat balls fry'd: Take out the fry'd Beef, and put all the reſt together with a little pepper, and let it boil a quarter of an hour, and ſerve it up with a knuckle of veal, or a fowl boiled in the middle.

Another Gravy Soop.

TAKE a leg of beef, and a piece of the neck, and boil it till you have all the goodneſs out of it; then ſtrain it from the meat; then take half a pound of freſh butter, and put it in a ſtew-pan and brown it; then put in an onion ſtuck with cloves, ſome endive, ſellary and ſpinnage, and your ſtrong broth, and ſeaſon it to your palate with ſalt, pepper and ſpices; and let it boil together; and put in chips of *French* bread dried by the fire; and ſerve it up with a *French* roll toaſted in the middle.

To make Craw-fiſh or Lobſter-Soop.

TAKE whitings, flounders and grigs, and put them in a gallon of water, with pepper, ſalt, cloves, mace, a bunch of ſweet-herbs, a little onion, and boil them to pieces, and ſtrain them out of the liquor; then take a large carp, and cut off the fiſh of one ſide of it, and put ſome eel to it, and make forc'd-meat of it, and lay it on the carp as before; dredge grated bread over it, and butter a diſh well, and put it in an oven and bake it; then take an hundred of crawfiſh, break all the ſhells of the claws and tails, and take out the meat as whole as you can; then break all the ſhells ſmall, and the ſpawn of a lobſter, and put them to the ſoop, (and if you pleaſe ſome gravy; and give them a boil together; and ſtrain the liquor out into another ſauce-pan, with the tops of *French* rolls dried and beat, and ſifted, and give it a boil up to thicken; then brown ſome butter, and put in your tails and claws of your craw-fiſh, and ſome of your forc'd-meat made

made into balls, and put your baked carp into the middle of the diſh, and pour your ſoop on boiling hot, and your craw-fiſh or lobſter in it; garniſh the diſh with lemon and ſcalded greens.

A Faſting-Day Soop.

TAKE ſpinnage, ſorrel, chervil and lettuce, and chop them a little; then brown ſome butter, and put in your herbs, keep them ſtirring that they do not burn; then have boiling water over the fire, and put to it a very little pepper, ſome ſalt, a whole onion ſtuck with cloves, and a *French* roll cut in ſlices and dried very hard, and ſome Piſtachia kernels blanched and ſhred fine, and let all boil together; then beat up the yolks of eight eggs with a little white-wine and the juice of a lemon, and mix it with your broth, and toaſt a whole *French* roll, and put in the middle of your diſh, and pour your ſoop over it; garniſh your diſh with ten or twelve poached eggs and ſcalded ſpinnage.

Savoury Balls.

TAKE part of a leg of lamb or veal and ſcrape it fine, with the ſame quantity of minc'd beef-ſuet, a little lean bacon, ſweet-herbs, a ſhallot, and anchovies, beat it in a mortar till it is as ſmooth as wax; ſeaſon it with ſavoury ſpice, and make it into little balls.

Another Way.

TAKE the fleſh of fowl, beef-ſuet and marrow, the ſame quantity; ſix or eight oyſters, lean bacon, ſweet-herbs and ſavoury ſpices; pound it, and make it into little balls.

A Caudle for Sweet Pyes.

TAKE ſack and white-wine alike in quantity, a little verjuice and ſugar, boil it, and brew it with two or three eggs, as butter'd ale; when the pyes are baked, pour it in at the funnel, and ſhake it together.

A Lear for ſavoury Pyes.

TAKE claret, gravy, oyſter liquor, two or three anchovies, a faggot of ſweet herbs and an onion; boil it up and thicken it with brown butter, then pour it into your ſavoury pyes when called for.

A Ragoo for made Diſhes.

TAKE claret, gravy, ſweet-herbs, and ſavoury ſpice, toſs up in it lamb-ſtones, cock's-combs, boiled, blanched and ſliced, with ſliced ſweet-meats, oyſters, muſhrooms, truffles and murrels: thicken theſe with brown butter, uſe it when called for.

To make Plumb-Porridge.

TAKE a leg and ſhin of beef to ten gallons of water, boil it very tender, and when the broth is ſtrong, ſtrain it out, wipe the pot, and put in the broth again; ſlice ſix penny-loaves thin, cutting off the top and bottom; put ſome of the liquor to it, cover it up, and let it ſtand a quarter of an hour, and then put it in your pot; let it boil a quarter of an hour, then put in five pounds of Currants; let them boil a little, and put in five pounds of raiſins, and two pounds of prunes, and let them boil till they ſwell; then put in three quarters of an ounce of mace, half an ounce of cloves, two nutmegs, all of them beat fine, and mix it with a little liquor cold, and put them in a very little while, and take off the pot, and put in three pounds of ſugar, a little ſalt, a quart of ſack, and a quart of claret, the juice of two or three lemons; you may thicken with ſagoe inſtead of bread, if you pleaſe: pour them into earthen pans, and keep them for uſe.

A Soop, or Pottage.

TAKE ſeveral knuckles of mutton, a knuckle of veal, a ſhin of beef, and put to theſe

twelve quarts of water, cover the pot cloſe, and ſet it on the fire; let it not boil too faſt; ſcum it well, and let it ſtand on the fire twenty-four hours; then ſtrain it through a colander, and when 'tis cold take off the fat, and ſet it on the fire again, and ſeaſon it with ſalt, a few cloves, pepper, a blade of mace, a nutmeg quartered, a bunch of ſweet-herbs, and a pint of gravy; let all theſe boil up for half an hour, and then ſtrain it, put ſpinnage, ſorrel, green peas, aſparagus, or artichoke-bottoms, according to the time of the year; then thicken it up with the yolks of three ot four eggs; have in readineſs ſome ſheep's tongues, coxcombs, and ſweetbreads ſliced thin and fried, and put them in, ſome muſhrooms, and *French* bread dried and cut in little bits, ſome forc'd-meat balls, and ſome very thin ſlices of bacon; make all theſe very hot, and garniſh the diſh with colworts and ſpinnage ſcalded green.

To make Peaſe Pottage.

TAKE a quart of white peas, a piece of neck beef, and four quarts of fair water, and boil them till they are all to pieces, then ſtrain them through a colander; then take an handful or two of ſpinnage, a top or two of young colworts, and a very ſmall leek; ſhred the herbs a little, and put them into a frying-pan, or ſtew-pan, with three quarters of a pound of freſh butter, but the butter muſt be very hot before you put in your herbs; let them fry a little while, then put in your liquor; and two or three anchovies, ſome ſalt and pepper to your taſte, a ſprig of mint rubb'd in ſmall, and let it all boil together till you think it is thick enough; then have in readineſs ſome forc'd-meat, and make three or fourſcore balls, about the bigneſs of large peas, fry them brown, and put them in the diſh you ſerve it in, and fry ſome thin ſlices of bacon, put ſome in the diſh and ſome on the brim of the diſh, with ſcalded ſpinnage; fry ſome toaſts after the balls are brown and hard, and break them into the diſh;

then pour your pottage over all, and ſerve to the table.

To Burn Butter.

SHAKE ſome flour upon two or three ounces of butter, put it into a hot frying-pan that it may hiſs; let it boil, and do not ſtir it; when it turns brown, put in the liquor you intend to thicken, and keep it quick ſtirring; boil it well, or 'twill taſte raw.

To make ſtrong Broth to keep for Uſe.

TAKE part of a leg of beef, and the ſcrag-end of a neck of mutton, and break the bones in pieces, and put to it as much water as will cover it, and a little ſalt; and when it boils, ſcum it clean, and put into it a whole onion ſtuck with cloves, a bunch of ſweet-herbs, ſome pepper, a nutmeg quartered; let theſe boil till the meat is boiled in pieces, and the ſtrength boiled out of it; then put to it two or three anchovies, and when they are diſſolved, ſtrain it out; and keep it for any ſort of haſh or fricaſy.

To make Forc'd Meat.

TAKE part of a leg of mutton, veal or beef, and pick off the skins and fat, and to every pound of meat put two pounds of beef-ſuet; ſhred them together very fine, then ſeaſon it with pepper, ſalt, cloves, mace, nutmeg, and ſage; then put all into a ſtone mortar, and to every two pounds of meat put half a pint of oyſters and ſix eggs well beaten, then mix them all together, and beat it very well; then keep it in an earthen pot for your uſe; put a little flour on the top, and when you roll them up flour your hands.

To ſtew a Rump of Beef.

STUFF the under-part of the beef with forc'd-meat made of grated bread, beef-ſuet, ſweet-herbs,

herbs, ſpice and anchovy, with a little ſalt, freſh oyſters or muſhrooms, with two or three eggs beaten fine to mix up with the ſtuffing; then put it into a pot to ſtew, with as much water as will near cover it; ſome whole pepper, three or four clov[illegible] and a little ſhred nutmeg, or a few blades of mace; then take up the beef, and take off all the fat, and then put in a pint of ſtale beer, with a good quantity of ſtrong gravy, ſo let it ſtew in a ſmall quantity of liquor; it muſt be turned once or twice: fry ſome crumbs of bread brown, ſtrain the liquor, and put in theſe crumbs to thicken it; then put in your gravy, and not before; let it juſt ſimmer a little; then you may put in ſome oyſters, muſhrooms, an ox's palate: this requires ſix or ſeven hours ſtewing. Make ſome ſauce of the liquor.

To roaſt a Rump of Beef.

LET your beef lie two days in ſalt, then waſh it, and lay it one hour in a quart of red wine and a pint of elder vinegar, with which baſte the beef very well while 'tis roaſting; then take two pallats well boiled ſliced thin; make your ſauce with burnt butter, gravy, muſhrooms, oyſters; to which add the pallats, and ſerve it up.

To roaſt a Loin of Mutton.

FLEA off the ſkin, and when it drips, drudge it with grated bread and mole-hill time powdered; ſo do till it's enough: you may run a long caſe-knife in the fleſh in the inſide, and ſtuff the whole full of forc'd-meat, with bread, herbs, lemmon-peel, and an egg beat up; ſo make ſavoury ſauce.

To roaſt a Breaſt of Mutton.

A Breaſt of mutton dreſs'd thus is very good; the forc'd meat muſt be put under the ſkin at the end, and then the ſkin pinn'd down with thorns; before you dredge it, waſh it over with a bunch of feathers dipt in eggs,

To roaſt a Shoulder of Mutton in Blood.

CUT the ſhoulder as you do veniſon, take off the ſkin, let it lie in the blood all night; then take as much powder of ſweet-herbs as will lie on a ſixpence, a little grated bread, ſome pepper, nutmeg and ginger, a little lemon peel, the yolks of two eggs boil'd hard, and about twenty oyſters and ſalt; temper all together with ſome of the blood, and ſtuff the meat thick with it, and lay ſome of it about the mutton; then wrap the caul of the ſheep round the ſhoulder; roaſt it and baſte it with blood till it is near roaſted; then take off the caul, drudge it and baſte it with butter, and ſerve it to the table with veniſon ſauce in a baſon. If you do not cut it veniſon faſhion, yet take off the skin becauſe it eats tough; let the caul be ſpread while 'tis warm, or it will not do well; and next day when you are to uſe it, wrap it up in a cloth that has been dipt in hot water: for ſauce, take ſome of the bones of the breaſt, chop them, and put to them a whole onion, a bay-leaf, a piece of lemon-peel, two or three anchovies with ſpice that pleaſe; ſtew theſe, then add ſome red wine, oyſters, and muſhrooms.

To ſtew a Head, Chine, and Neck of Veniſon.

FIRST take off all the fat, then cut it in pieces, to your liking, and ſeaſon it with your compound ſeaſoning, an onion or two quarter'd, and two or three bay-leaves; put them in a ſtew-pan with water near enough to cover them; let it ſtew till 'tis almoſt enough, and then put in a bottle of ſtale beer, or half red wine and half beer; it may ſtew two hours after this is in, and one after; burn a quarter of a pound of butter pretty thick with the liquor of the veniſon, and mingle with it when you ſerve it: the fat taken off muſt be put in ſome time before the veniſon has done ſtewing. If you

put

put in beer inſtead of red wine, boil it and ſcum it before you put it in.

A Lamb Pye.

CUT a hind quarter of lamb into thin ſlices, ſeaſon it with ſweet ſpices, and lay it in the pye, mix'd with half a pound of raiſins of the ſun ſtoned, half a pound of currants, two or three *Spaniſh* potatoes boil'd, blanched, and ſliced; or an artichoke bottom or two, with prunella's, damſons, gooſeberries, grapes, citron and lemon chips: Lay on butter, and cloſe the pye; when 'tis baked make a caudle for it.

A Chicken Pye.

TAKE ſix ſmall Chickens; roll up a piece of butter in ſweet ſpice, and put it into them; then ſeaſon them, and lay them in the pye, with the marrow of two bones, with fruit and preſerves, as the lamb pye, with a caudle.

A Lumber Pye.

TAKE a pound and a half of a fillet of veal, and mince it with the ſame quantity of beef-ſuet; ſeaſon it with ſweet ſpice, five pippins, an handful of ſpinnage, and a hard lettuce, thyme and parſley: Mix it with a penny grated white loaf, the yolks of eggs, ſack and orange-flower water, a pound and a half of currants and preſerves, as the lamb pye, with a caudle. An humble pye is made the ſame way.

A Lamb Pye.

CUT a hind quarter of Lamb into thin ſlices; ſeaſon it with ſavoury ſpice, and lay them in the pye with an hard lettuce and artichoke bottoms, the tops of an hundred of Aſparagus: Lay on butter, and cloſe the pye. When it is bak'd, pour into it a lear.

A Mutton Pye.

SEASON your Mutton-ſteaks with ſavoury ſpice; fill the pye, lay on the butter, and cloſe the pye: When it is baked, toſs up a handful of chopp'd capers, cucumbers and oyſters, in gravy, and anchovy, and drawn butter.

A Pigeon Pye.

TRUSS and ſeaſon your Pigeons with ſavoury ſpice, lard them with bacon, and ſtuff them with forc'd-meat, and lay them in the pye with the ingredients for ſavoury pyes, with butter, and cloſe the pye. A Lear. A chicken or capon pye is made the ſame way.

A Battalia Pye.

TAKE four ſmall chickens, four ſquab pigeons, four ſucking rabbets; cut them in pieces, ſeaſon them with ſavoury ſpice, and lay 'em in the pye, with four ſweetbreads ſliced, and as many ſheep's-tongues, two ſhiver'd palates, two pair of lamb-ſtones, twenty or thirty coxcombs, with ſavoury balls and oyſters. Lay on butter, and cloſe the pye. A Lear.

A Neats-Tongue Pye.

HALF boil the tongues, blanch and ſlice them; ſeaſon them with ſavoury ſpice, with balls, ſliced lemon and butter, and cloſe the pye. When it is baked, pour into it a ragoo.

To pickle Oyſters.

TAKE a quart of oyſters, and waſh them in their own liquor very well, till all the grittineſs is out; put them in a ſauce-pan or ſtew-pan, and ſtrain the liquor over them, ſet them on the fire, and ſcum them; then put in three or four blades of mace, a ſpoonful of whole pepper-corns; when you think they are boiled enough, throw in a

glaſs

a glaſs of white-wine; let them have a thorough ſcald; then take them up, and when they are cold, put them in a pot, and pour the liquor over them, and keep them for uſe. Take them out with a ſpoon.

To collar Eels.

TAKE your Eel and cut it open; take out the bones, and cut off the head and tail, and lay the Eel flat on a dreſſer, and ſhred ſage as fine as poſſible, and mix it with black pepper beat, nutmeg grated, and ſalt, and lay it all over the Eel, and roll it up hard in little cloths, and tye it up tight at each end: then ſet over ſome water with pepper and ſalt, five or ſix cloves, three or four blades of mace, a bay-leaf or two; boil it and the bones and head and tail well together; then take out the head and tail, and put it away, and put in your Eels, and let them boil till they are tender; then take them out of the liquor, and boil the liquor longer; then take it off, and when it is cold, put it to your Eels, but do not take off the little cloths till you uſe them.

To pot Lobſters.

TAKE a dozen of large Lobſters; take out all the meat of their tails and claws after they are boiled; then ſeaſon them with beaten pepper, ſalt, cloves, mace, and nutmeg, all finely beaten and mixed together; then take a pot, put therein a layer of freſh butter, upon which put a layer of Lobſter, and then ſtrew over ſome ſeaſoning, and repeat the ſame till your pot is full, and your Lobſter all in; bake it about an hour and half, then ſet it by two or three days, and it will be fit to eat. It will keep a month or more, if you pour from it the liquor when it comes out of the oven, and fill it up with clarified butter. Eat it with vinegar.

Hung

A Mutton Pye.

SEASON your Mutton-ſteaks with ſavoury ſpice; fill the pye, lay on the butter, and cloſe the pye: When it is baked, toſs up a handful of chopp'd capers, cucumbers and oyſters, in gravy, and anchovy, and drawn butter.

A Pigeon Pye.

TRUSS and ſeaſon your Pigeons with ſavoury ſpice, lard them with bacon, and ſtuff them with forc'd-meat, and lay them in the pye with the ingredients for ſavoury pyes, with butter, and cloſe the pye. A Lear. A chicken or capon pye is made the ſame way.

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TAKE four ſmall chickens, four ſquab pigeons, four ſucking rabbets; cut them in pieces, ſeaſon them with ſavoury ſpice, and lay 'em in the pye, with four ſweetbreads ſliced, and as many ſheep's-tongues, two ſhiver'd palates, two pair of lamb-ſtones, twenty or thirty coxcombs, with ſavoury balls and oyſters. Lay on butter, and cloſe the pye. A Lear.

A Neats-Tongue Pye.

HALF boil the tongues, blanch and ſlice them; ſeaſon them with ſavoury ſpice, with balls, ſliced lemon and butter, and cloſe the pye. When it is baked, pour into it a ragoo.

To pickle Oyſters.

TAKE a quart of oyſters, and waſh them in their own liquor very well, till all the grittineſs is out; put them in a ſauce-pan or ſtew-pan, and ſtrain the liquor over them, ſet them on the fire, and ſcum them; then put in three or four blades of mace, a ſpoonful of whole pepper-corns; when you think they are boiled enough, throw in a

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a glaſs of white-wine; let them have a thorough ſcald; then take them up, and when they are cold, put them in a pot, and pour the liquor over them, and keep them for uſe. Take them out with a ſpoon.

To collar Eels.

TAKE your Eel and cut it open; take out the bones, and cut off the head and tail, and lay the Eel flat on a dreſſer, and ſhred ſage as fine as poſſible, and mix it with black pepper beat, nutmeg grated, and ſalt, and lay it all over the Eel, and roll it up hard in little cloths, and tye it up tight at each end: then ſet over ſome water with pepper and ſalt, five or ſix cloves, three or four blades of mace, a bay-leaf or two; boil it and the bones and head and tail well together; then take out the head and tail, and put it away, and put in your Eels, and let them boil till they are tender; then take them out of the liquor, and boil the liquor longer; then take it off, and when it is cold, put it to your Eels, but do not take off the little cloths till you uſe them.

To pot Lobſters.

TAKE a dozen of large Lobſters; take out all the meat of their tails and claws after they are boiled; then ſeaſon them with beaten pepper, ſalt, cloves, mace, and nutmeg, all finely beaten and mixed together; then take a pot, put therein a layer of freſh butter, upon which put a layer of Lobſter, and then ſtrew over ſome ſeaſoning, and repeat the ſame till your pot is full, and your Lobſter all in; bake it about an hour and half, then ſet it by two or three days, and it will be fit to eat. It will keep a month or more, if you pour from it the liquor when it comes out of the oven, and fill it up with clarified butter. Eat it with vinegar.

Hung

Hung Beef.

MAKE a ſtrong brine with bay-ſalt, and petre-ſalt, and pump-water, and ſteep therein a rib of Beef for nine days; then hang it up in a chimney where wood or ſaw-duſt is burnt; when it is a little dry, waſh the out-ſide with blood two or three times, to make it look black, and when it is dried enough, boil it for uſe.

To roaſt a Cod's Head.

TAKE the head, waſh and ſcour it very clean, then ſcotch it with a knife, and ſtrew a little ſalt on it, and lay it on a ſtew-pan before the fire, with ſomething behind it; throw away the water that runs from it the firſt half hour, then ſtrew on it ſome nutmeg, cloves and mace, and ſalt, and baſte it often with butter, turning it till it is enough. If it be a large head it will take four or five hours roaſting; then take all the gravy of the fiſh, as much white-wine, and more meat-gravy, ſome horſe-raddiſh, one or two eſchalots, a little ſliced ginger, ſome whole pepper, cloves, mace, and nutmeg, a bay-leaf or two; beat this liquor up with butter and the liver of the fiſh boiled, and broke, and ſtrained into it, and the yolks of two or three eggs, ſome oyſters and ſhrimps, and balls made of fiſh, and fried fiſh round it. Garniſh with lemon and horſe-raddiſh.

To pickle Ox-Palates.

TAKE your Palates and waſh them well with ſalt in the water, and put them in a pipkin with water and ſome ſalt, and when they are ready to boil, ſcum them very well, and put into them whole pepper, cloves and mace, as much as will give them a quick taſte: When they are boiled tender (which will require four or five hours) peel them and cut them into ſmall pieces, and let them cool; then

then make the pickle of white-wine vinegar, and as much white-wine; boil the pickle, and put in the ſpice as was boiled in the Palates, and a little freſh ſpice: Put in ſix or ſeven bay-leaves, and let both pickle and Palates be cold before you put them together; then keep them for uſe.

To make a Ragoo of Pigs-Ears.

TAKE a quantity of Pigs-Ears, and boil them in one half wine and the other water; cut them in ſmall pieces, then brown a little butter, and put them in, and a pretty deal of gravy, two anchovies, an eſchalot or two, a little muſtard, and ſome ſlices of lemon, ſome ſalt and nutmeg: ſtew all theſe together, and ſhake it up thick. Garniſh the diſh with barberies.

Beef to Collar.

TAKE Beef and ſeaſon it with ſalt and pepper and ſpice, and put in a pound with a pint of claret, then roll it up with tape, and bake it in this liquor with brown bread.

To make Collar'd Beef.

TAKE a Flank of Beef, ſalt it with white ſalt, and let it lie forty-eight hours; then waſh it, and hang it in the wind to dry twenty-four hours; then take pepper, ſalt, cloves, mace and nutmegs, and ſalt-petre, all beaten fine, and mix them together, and rub it all over the inſide, and roll it up hard, and tye it faſt with tape; put it in a pan with a few bay-leaves, and four pounds of butter, and cover the pot with rye-paſte, and bake it with houſhold bread.

Oyſter Loaves.

TAKE a quart of middling oyſters, and waſh them in their own liquor; then ſtrain them through a flannel, and put them on the fire to warm; then take three quarters of a pint of gravy and

and put to the oyſters, with a blade of mace, a little white pepper, a little horſe-raddiſh and a piece of lean bacon, and half a lemon; then ſtew them leiſurely. Take three penny loaves, and pick out the crumb clean; then take a pound of butter, and ſet on the fire in a ſauce-pan that will hold the loaves, and when it is melted, take it off the fire, and let it ſettle; then pour off the clear, and ſet it on the fire again with the loaves in it, and turn them about till you find them criſp; then put a pound of butter in a frying-pan, and with a dredging box duſt in flower till you find it of a reaſonable thickneſs, then mix that and the oyſters together; and when ſtewed enough take out the bacon, and put the oyſters into the loaves; then put them into a diſh, and garniſh the loaves with the oyſters you cannot get in, and with ſlices of lemon; and when you have thickned the liquor, ſqueeze in lemon to your taſte; or you may fry the oyſters with batter to garniſh the loaves.

To ſtew Oyſters in French *Rolls.*

TAKE a quart of large Oyſters; waſh them in their own liquor, and ſtrain it, and put them in it with a little ſalt, ſome pepper, mace, and ſliced nutmeg; let the Oyſters ſtew a little with all theſe things, and thicken them up with a great deal of butter; then take ſix *French* rolls, cut a piece off the top, and take out the crumb, and take your Oyſters boiling hot, and fill the rolls full, and ſet them near the fire on a chafing-diſh of coals, and let them be hot through, and as the liquor ſoaks in, fill them up with more, if you have them, or ſome hot gravy: So ſerve them up inſtead of a pudding.

A Veal Pye.

RAISE an high pye, then cut a fillet of Veal into three or four fillets, ſeaſon it with ſavoury ſpice, a little minced ſage and ſweet-herbs; lay it

it in the pye, with ſlices of bacon at the bottom, and betwixt each piece lay on butter, and cloſe the pye.

A Turkey Pye.

BONE the Turkey, ſeaſon it with ſavoury ſpice, and lay it in the pye with two Capons, or two Wild-Ducks cut in pieces to fill up the corners; lay on butter, and cloſe the pye.

A Florendine of a Kidney of Veal.

SHRED the kidney, fat and all, with a little ſpinnage, parſley and lettuce, three pippins and orange-peel; ſeaſon it with ſweet ſpice and ſugar, and a good handful of currants, two or three grated biſkets, ſack and orange-flower-water, two or three eggs; mix it into a body, and put it into a diſh, being covered with puff-paſte, lay on a cut-lid, and garniſh the brim.

A Marrow-Pudding.

BOIL a quart of cream or milk, with a ſtick of Cinnamon, a quartered nutmeg and large mace; then mix it with eight eggs well beat, a little ſalt, ſugar, ſack, and orange-flower-water, ſtrain it, then put to it three grated biſkets, an handful of currants, as many raiſins of the ſun, the marrow of two bones, all in four large pieces, then gather to a body over the fire; then put it into a diſh, having the brim thereof garniſhed with puff-paſte, and raiſed in the oven; then lay on the four pieces of marrow, knots and paſtes, ſliced citron and lemon-peel.

A Calves-Foot Pudding.

TAKE Calves feet, ſhred them very fine, and mix them with a penny-loaf grated and ſcalded with a pint of cream; put to it half a pound of ſhred beef-ſuet, eight eggs, and a handful of plump'd currants; ſeaſon it with ſweet ſpice and ſugar, a little

little ſack and orange-flower-water, the marrow of two bones; then put it in a veal caul, being waſhed over with the batter of eggs, then wet a cloth and put it therein, tie it cloſe up; when the pot boils, put it in; boil it about two hours; then turn it in a diſh, and ſtick on it ſliced almonds and citron; let the ſauce be ſack and orange-flower-water, with lemon-juice, ſugar and drawn butter.

To ſtuff a Shoulder or Leg of Mutton with Oyſters.

TAKE a little grated bread, ſome beef-ſuet, yolks of hard eggs, three anchovies, a bit of an onion, ſalt and pepper, thyme and winter-ſavory, twelve oyſters, ſome nutmeg grated: Mix all theſe together, and ſhred them very fine, and work them up with raw eggs like a paſte, and ſtuff your Mutton under the ſkin in the thickeſt place, or where you pleaſe, and roaſt it; and for ſauce take ſome of the oyſter-liquor, ſome claret, two or three anchovies, a little nutmeg, a bit of an onion, the reſt of the oyſters: Stew all theſe together, then take out the onion, and put it under the Mutton.

Sauce for boil'd Mutton.

TAKE a piece of liver as big as a pigeon's egg, and boil it tender, with half a handful of parſley and a few ſprigs of pot thyme, with the yolks of three or four eggs boiled hard, bray them with a ſpoon till they are diſſolved; then add one anchovy waſhed and ſtripped from the bone, thyme, beaten pepper and grated nutmeg, with a little ſalt; put theſe all together in a ſauce-pan, with a glaſs of white-wine, and the gravy that has drained from your leg of Mutton after it is taken out of the pot, or a quarter of a pint of the liquor the Mutton is boiled in: Mix it all together, and give it a boil, then beat it up with three ounces of butter: you may

may add a tea-ſpoonful of vinegar, which takes off a ſweetneſs it's apt to have: it's beſt to make the ſauce thick, or it will be too thin when the mutton is cut.

To boil a Pike.

CUT open a living Pike, gut it, and ſcour the outſide and inſide very well with ſalt, then waſh it clean, and have in readineſs a pickle to boil it in, water, vinegar, mace, whole pepper, a bunch of ſweet herbs, and a ſmall onion; there muſt be liquor enough to cover it; when the liquor boils put in the Pike, and make it boil ſoon, (half an hour will boil a very large Pike;) make your ſauce with white-wine, a little of the liquor, two anchovies, ſome ſhrimps, or lobſter, or crab; beat and mix with it grated nutmeg, and butter flower'd to thicken it; pour your ſauce over the Fiſh, garniſh'd with horſe-radiſh and ſlic'd lemon.

Soles to ſtew.

WHEN your Soles are waſh'd, and the fins cut off, put them into a ſtew-pan, with no liquor but a quarter of a pint of white-wine, ſome mace, whole pepper, and ſalt; when they are half ſtew'd, put in ſome thick cream, and a little piece of butter dipp'd in flour; when that is melted, put in ſome oyſters with their liquor, keep them often ſhaking, till the fiſh and oyſters are enough, or that the oyſters will break; ſqueeze in a little piece of lemon, give them a ſcald, and pour it into the diſh.

To roaſt a Pike.

TAKE a large Pike, gut it, and clean it, and lard it with eel and bacon, as you lard a fowl; then take thyme and ſavoury, ſalt, mace, and nutmeg, ſome crumbs of bread, beef-ſuet, and parſley; ſhred all very fine, and mix it up with raw eggs; make it in a long pudding, and put it in

the belly of your Pike, skewer up the belly, and diſſolve anchovies in butter, and baſte it with it; put two ſplints on each ſide the Pike, and tye it to the ſpit, melt butter thick for the ſauce, or if you pleaſe, oyſter-ſauce, and bruiſe the pudding in it. Garniſh with lemon.

To roaſt a Pike in Embers.

WHEN your fiſh is ſcal'd, and well dry'd in a cloth, make a pudding with ſweet herbs, grated bread, and onion, wrapt up in butter; put it into the belly, and ſew it up, turn the tail into the mouth, and roll it up in white paper, and then in brown, wet them both, and tye them round with packthread; then rake it up in the Embers, and let it lie two or three hours, then take it up, and take the pudding out of the belly, mix it with the ſauce, ſuch as is uſually made for fiſh, and ſerve it up.

A Ragoo of Sweet-breads.

TAKE your Sweet-breads and skin them, and put ſome butter in the frying-pan, and brown it with flour, and put the Sweet-breads in; ſtir them a little, and turn them; then put in ſome ſtrong broth and muſhrooms, ſome pepper and ſalt, cloves and mace; let them ſtew half an hour; then put in ſome forc'd-meat balls, ſome artichoke-bottoms cut ſmall and thin; make it thick, and ſerve it up with ſliced lemon.

A Ragoo of Oyſters.

PUT into your ſtew-pan a quarter of a pound of butter, let it boil; then take a quart of oyſters, ſtrain them from their liquor, and put them to the butter; let them ſtew with a bit of eſchalot ſhred very fine, and ſome grated nutmeg, and a little ſalt; then beat the yolks of three or four eggs with the oyſter-liquor and half a pound of butter, and ſhake all very well together till 'tis thick, and

serve it up with sippets, and garnish with sliced lemon.

To mumble Rabbets and Chickens.

PUT into the bellies of your Rabbets, or Chickens, some parsley, an onion, and the liver; set it over the fire in the stew-pan with as much water as will cover them, with a little salt; when they are half boiled take them out, and shred the parsley, liver, and onion, and tear the flesh from the bones of the Rabbet in small flakes, and put it into the stew-pan again with a very little of the liquor it was boiled in, and a pint of white-wine, and some gravy, and half a pound or more of butter, and some grated nutmeg; when 'tis enough, shake in a little flour, and thicken it up with butter. Serve it on sippets.

To stew Mushrooms.

TAKE some strong broth, and season it with a bunch of sweet-herbs, some spice and anchovies, and set it over the fire till 'tis hot; then put in the Mushrooms, and just let them boil up; then take some yolks of eggs, with a little minced thyme and parsley, and some grated nutmeg, and stir it over the fire till 'tis thick. Serve it up with sliced lemon.

To Collar a Calves Head.

TAKE a Calf's Head with the skin and hair upon it; then scald it to fetch off the hair; then parboil it, but not too much; then get it clean from the bones while it is hot; you must slit it on the fore-part; season it with pepper, salt, cloves, mace, nutmeg, and sweet-herbs, shred small, and all mix'd together with the yolks of three or four eggs, and spread it over the Head, and roll it up hard. Boil it gently for three hours, in just as much water as will cover it; when 'tis tender 'tis boiled enough. If you do the tongue, first boil it

and peel it, and ſlice it in thin ſlices, and likewiſe the palate, and put them and the eyes in the inſide of the Head before you roll it up. When the Head is taken out, ſeaſon the pickle with ſalt, pepper, and ſpice, and give it a boil, adding to it a pint of white-wine, and as much vinegar. When 'tis cold, put in the Collar; and when you uſe it, cut it in ſlices.

To collar Cow-Heels.

TAKE five or ſix Cow-Heels or Feet, and bone them while they are hot, and lay them one upon another, ſtrewing ſome ſalt between; then roll them up in a coarſe cloth, and ſqueeze in both ends, and tye them up very hard; boil it an hour and half; then take it out, and when it's cold put it it into common ſouce-drink for brawn. Cut off a little at each end, it looks better. Serve it in ſlices, or in the Collar, as you pleaſe.

A Tanſy.

BOIL a quart of cream or milk with a ſtick of cinnamon, quarter'd nutmeg, and large mace; when half cold, mix it with twenty yolks of eggs, and ten whites; ſtrain it, then put to it four grated biskets, half a pound of butter, a pint of ſpinage-juice, and a little tanſy, ſack, and orange-flower water, ſugar, and a little ſalt; then gather it to a body over the fire, and pour it into your diſh, being well butter'd: When it is baked, turn it on a pye-plate; ſqueeze on it an orange, grate on ſugar, and garniſh it with ſlic'd orange and a little tanſy. Made in a diſh; cut as you pleaſe.

Scotch Collops.

CUT your Collops off a fillet of veal; cut them thin, hack them and fry them in freſh butter; then take them out and brown your pan with butter and flour, as you do for a ſoop. Do not make it too thick; put in your Collops and ſome bacon cut

cut thin and fry'd, and ſome forc'd-meat balls fry'd, ſome muſhrooms, oyſters, artichoke-bottoms diced, lemon, and ſweet-breads, or lamb-ſtones; ſome ſtrong broth, gravy, and thick butter; toſs up all together. Garniſh the diſh with ſliced lemon.

To ſtew a Rump of Beef.

SEASON your Rump of Beef with two nutmegs, ſome pepper and ſalt, and lay the fat ſide downward in your ſtew-pan; put to it a quarter of a pint of vinegar, a pint of claret, three pints of water, three whole onions ſtuck with a few cloves, and a bunch of ſweet-herbs; cover it cloſe, and let it ſtew over a gentle fire four or five hours; ſcum off the fat from the liquor. Lay your meat on ſippets, and pour your liquor over it. Garniſh your diſh with ſcalded greens.

To roaſt an Eel.

TAKE a large Eel, and ſcour him well with ſalt; then skin him almoſt to the tail; then gut, and waſh, and dry him; then take a quarter of a pound of ſuet, ſhred as fine as poſſible; put to it ſweet-herbs, an eſchalot likewiſe, ſhred very fine, and mix it together with ſome ſalt, pepper, and grated nutmeg: ſcotch your Eel on both ſides, the breadth of a finger's diſtance, and waſh it with yolks of eggs, and ſtrew ſome ſeaſoning over it, and ſtuff the belly with it; then draw the ſkin over it, and put a long skewer through it, and tye it to a ſpit, and baſte it with butter, and make the ſauce anchovy and butter melted.

To make a pale Fricaſy.

TAKE lamb, chicken, or rabbets, cut in pieces, waſh it well from the blood, then put it in a broad pan or ſtew-pan; put in as much fair water as will cover it; put in ſalt, a bunch of ſweet-herbs, ſome pepper, and onion, two anchovies, and ſtew it till 'tis enough; then mix in a poringer ſix yolks of

eggs, a glaſs of white-wine, a nutmeg grated, a little chopp'd parſley, a piece of freſh butter, and three or four ſpoonfuls of cream; beat all theſe together, and put it into your ſtew-pan, and ſhake it together till 'tis thick. Diſh it on ſippets, and garniſh with ſliced lemon.

To pickle Oyſters.

OPEN your Oyſters, and get the grit from them, and ſtew them in their own liquor in an earthen pipkin till they are tender; then take up the Oyſters, and cover them, that they may not be diſcoloured; then increaſe the liquor with as much more water, and let it boil till one third is conſumed; then put your Oyſters into your pot or barrel, laying between the rows ſome whole pepper and ſpice, and a few bay-leaves; and when the pickle is cold, put it to your Oyſters, and keep them very cloſe covered.

To haſh a Calf's Head.

BOIL your Calf's Head almoſt enough, and when 'tis cold, cut the meat in thin ſlices clean from the bone, and put it into a ſtew-pan, with ſome ſtrong broth, a glaſs of white-wine, ſome oyſters and their liquor, a bunch of ſweet-herbs, two or three eſchalots, a nutmeg quartered, and let theſe ſtew on a ſlow fire till they are enough; then put in two or three anchovies, the yolks of four eggs well beaten, and a piece of butter, and thicken it up; then have ready fry'd ſome thin ſlips of bacon, ſome forc'd-meat balls, ſome large oyſters dipp'd in butter; the brains firſt boiled and then fried, ſome ſweet-breads cut in ſlices, ſome lamb-ſtones cut in rounds; then put your Haſh in your diſh, and the other things, ſome round and ſome on it. Garniſh the diſh with ſliced lemon.

To make Scotch Collops.

CUT thin ſlices out of a Leg of Veal, as many as you think will ſerve for a diſh, and hack them, and lard ſome with bacon, and fry them in butter; then take them out of the pan, and keep them warm, and clean the pan, and put into it half a pint of oyſters, with their liquor, and ſome ſtrong broth, one or two eſchalots, a glaſs of white-wine, two or three anchovies minced, ſome grated nutmeg; let theſe have a boil up, and thicken it with four or five eggs and a piece of butter, and then put in your Collops, and ſhake them together till 'tis thick; put dried ſippets on the bottom of the diſh, and put your Collops in, and ſo many as you pleaſe of the things in your haſh.

A Fricaſy of Veal.

CUT a Fillet of Veal in thin ſlices, a little broader than a crown-piece, beat them with a rowling-pin, to make them tender; then ſteep them in milk three hours, take a blade or two of mace, a few corns of pepper, a ſmall ſprig of thyme, a little piece of lemon-peel, a bone of mutton and the Veal-bones, ſtew them gently all together for ſawce; if you have no mutton, a little piece of beef, if no beef, a ſpoonful of gravy at leaſt; then drain the milk from the Veal, and put freſh milk into a ſtew-pan, and ſtew the Veal in it without ſalt, for that curdles the milk; ſo ſtew it till it is enough, or you may half-ſtew it, and fry it as pale as poſſible; then drain it, and ſtrain the ſauce, and beat it up with ſome ſalt, flour, and butter, a pretty deal of cream, and ſome white-wine; juſt at the laſt you may ſhred a little parſley, and ſcalding it, ſtrew it upon the Veal, and ſqueeze a little lemon, which will thicken the ſauce. You may make the ſame ſauce for this as you do for the boil'd Turkey, if you like it better.

Pull'd Chickens.

BOIL ſix Chickens near enough, then flea them, and Pull the white fleſh all off from the bones, put it in a ſtew-pan with half a pint of cream, which muſt be firſt made ſcalding-hot, the gravy that runs from the Chickens, a few ſpoonfuls of that liquor they were boil'd in; to this add ſome raw parſley ſhred fine, give them a toſs or two over the fire, and duſt a little flour upon ſome butter, and ſhake up with them. Chicks done this way muſt be killed the night before, and little more than half boiled, and Pull'd in pieces as broad as your finger, and half as long; you may add a ſpoonful of white-wine.

A Fricaſy of Chickens.

AFTER you have drawn and waſh'd your Chickens, half boil them; then take them up and cut them in pieces, and put them into a frying-pan, and fry them in butter, then take them out of the pan and clean it, and put in ſome ſtrong broth, ſome white-wine, ſome grated nutmeg, a little pepper and ſalt, a bunch of ſweet-herbs, and an eſchalot or two; let theſe, with two or three anchovies, ſtew on a ſlow fire and boil up; then beat it up with butter and eggs till 'tis thick, and put your Chickens in, and toſs them well together; lay ſippets in the diſh, and ſerve it up with ſliced lemon and fried parſley.

A fine Side-Diſh.

TAKE veal, chicken, or rabbet, with as much marrow, or beef-ſuet, as meat; with a little thyme, lemon-peel, marjoram, two anchovies waſhed and boned; a little pepper, ſalt, mace, and cloves; bruiſe the yolks of hard eggs, ſome oyſters, or muſhrooms; mix all theſe together, and chop them, and beat them in a mortar very fine; then

ſpread

ſpread the caul of a breaſt of veal on a table, and lay a layer of this, and a layer of middling bacon, cut it in thin ſmall pieces, and roll it up hard in the caul, roaſt or bake it as you like. Cut it into thin ſlices, and lay it in your diſh, with a rich gravy ſauce.

Gravy to keep for Uſe.

TAKE a piece of coarſe beef, cover it with water; when it has boiled ſome time, take out the meat, beat it very well, and cut it in pieces to let out the gravy; then put it in again, with a bunch of ſweet-herbs, an onion ſtuck with cloves, a little ſalt, ſome whole pepper; let it ſtew, but not boil; when it is of a brown colour, it is enough; take it up, put it in an earthen pot, and let it ſtand to cool; when it is cold, ſcum off the Fat; it will keep a week, unleſs the weather be very hot. If for a brown fricaſy, put ſome butter in your frying-pan, and ſhake in a little flour as it boils, and put in ſome Gravy, with a glaſs of claret, and ſhake up the fricaſy in it: if for a white fricaſy, then melt your butter in the Gravy, with a little white-wine, a ſpoonful or two of cream, and the yolks of eggs.

An Amulet of Eggs the ſavoury Way.

TAKE a dozen of Eggs, beat them very well and ſeaſon them with ſalt, and a little pepper, then have your frying-pan ready, with a good deal of freſh butter in it, and let it be thoroughly hot; then put in your Eggs, with four ſpoonfuls of ſtrong gravy, and have ready parſley, and a few chieves cut, and throw them over it, and when it is enough turn it; and when done diſh it, and ſqueeze orange or lemon over it.

A Fricaſy

A Fricaſy of Rabbets.

CUT and waſh your Rabbets very well, and put them in a frying-pan, with a pound of butter, an onion ſtuck with cloves, a bunch of ſweet-herbs, and ſome ſalt; let it ſtew till it is enough; then beat up the yolks of ſix eggs, with a glaſs of white-wine, a little parſley ſhred, a nutmeg grated, and mix it by degrees with the liquor in your pan, and ſhake it till it is thick, and ſerve it up on ſippets. Garniſh the diſh with ſliced lemon.

A Fricaſy of Tripe.

TAKE lean Tripes and cut and ſcrape them from all the looſe ſtuff, cut them in pieces two inches ſquare, and then cut them croſs from corner to corner, or in what ſhape you pleaſe, put them into a ſtew-pan, with half as much white-wine as will cover them, ſliced ginger, whole pepper, and a blade of mace, a little ſprig of roſemary, and a bay-leaf, an onion, or a ſmall clove of garlick; when it begins to ſtew, a quarter of an hour will do it; then take out the herbs and onion, and put in a little ſhred parſley, the juice of a lemon, and a little piece of anchovy ſhred ſmall, a few ſpoonfuls of cream, the yolk of an egg, or a piece of butter: ſalt it to your taſte; when it is in the diſh, you may lay on a little boiled ſpinage and ſliced lemon.

A Fricaſy of Double Tripe.

CUT your Tripe in ſlices two inches long, and put it into a ſtew-pan; put to it a quarter of a pound of Capers; as much camphire ſhred, half a pint of ſtrong broth, as much white-wine, a bunch of ſweet-herbs, a lemon ſhred ſmall; ſtew all theſe together till it is tender; then take it off the fire, and thicken up the liquor with the yolks of three or four

four eggs, a little parsley boiled green and chopp'd, some grated nutmeg and salt; shake it well together. Serve it on sippets. Garnish with lemon.

A Fricasy of Ox-Palates.

MAKE the gravy thus: Take two pounds of beef, cut it in little bits, and put it in a sauce-pan, with a quart of water, some salt, some whole pepper, an onion, an eschalot or two, two or three anchovies, a bit of horse-radish; let all these stew till it is a strong gravy; then strain it out, and set it by; then have ten or twelve Ox-Palates, boil them till they are tender, and peel them, and cut them in square pieces; then flay and draw two or three chickens, and cut them between every joint, and season them with a little nutmeg, salt, and shred thyme, and put them in a pan, and fry them with butter; when they are half fry'd, then put in half your gravy, and all your Palates, and let them stew together, and put the rest of your gravy into a sauce-pan, and when it boils, thicken it up with the yolks of three or four eggs, beaten with a glass of white-wine, and a piece of butter, and three or four spoonfuls of thick cream; then pour all into your pan, shake it well together, and dish it up. Garnish with pickled Grapes.

A Fricasy of great Plaice or Flounders.

RUN your knife all along upon the bone on the back-side of your Plaice, then raise the flesh on both sides from the head to the tail, and take out the bone clear; then cut your Plaice in six collops, dry it very well from the water, sprinkle it with salt, and flour it well, and fry it in a very hot pan of beef-dripping, so that it may be crisp; take it out of the pan and keep it warm before the fire; then make clean the pan, and put into it oysters and their liquor, some white-wine, the meat of the shell of a crab or two. Mince half the oysters, some grated nutmeg, three anchovies. Let all these stew up together;

together; then put in half a pound of butter, and put in your Plaice, and toſs them well together, and diſh them on ſippets, and pour the ſauce over them. Garniſh the diſh with yolks of hard eggs minced, and ſliced lemon. After this manner do ſalmon or any firm fiſh.

To fricaſy Fiſh.

MELT butter according to the quantity of fiſh you have; melt it thick, cut your fiſh in pieces in length and breadth three fingers, then put them and your butter into a frying or ſtew-pan: it muſt not boil too faſt, for fear of breaking the fiſh, and turning the butter into oil; turn them often till they are enough: put in a bunch of ſweet-herbs at firſt, an onion, two or three anchovies cut ſmall, a little pepper, nutmeg, mace, lemon-peel, two or three cloves; when all theſe are in, put in ſome claret, and let them ſtew all together; beat up ſix yolks of eggs and put them in, with ſuch pickles as you pleaſe, as oyſters, muſhrooms, and capers, ſhake them well together that they do not curdle: if you put the ſpice in whole, take it out when it is done. The ſeaſoning ought to be ſtewed firſt in a little water, and then the butter melted in that and wine before you put the fiſh in. Jacks do beſt this way.

A Craw-fiſh Soop.

CLeanſe your Craw-fiſh, and boil them in water, ſalt and ſpice, pull off their feet and tails, and fry them; break the reſt of them in a ſtone-mortar, ſeaſon them with ſavoury ſpice and an onion, hard eggs, grated bread, and ſweet-herbs boiled in ſtrong broth; ſtrain it, then put to it ſcalded chopp'd parſley and *French* rolls, then put them therein with a few dried muſhrooms. Garniſh the diſh with ſliced lemon, and the feet and tails of the Crawfiſh. A lobſter-ſoop is done the ſame way.

To boil Mullet, or any sort of Fish.

SCALE your Fish, and wash them, saving their liver, or tripes, roses, or spawn; boil them in water that is seasoned with salt, white-wine vinegar, white-wine, a bunch of sweet-herbs, a sliced lemon, one or two onions, some horse-radish; and when it boils up, put in your Fish, and for sauce, a pint of oysters with their liquor, a lobster bruised or minced, or shrimps, some white-wine, two or three anchovies, some large mace, a quartered nutmeg, a whole onion: let these have a boil up, and thicken it with butter and the yolks of two or three eggs. Serve it on sippets, and garnish with lemon.

To butter Shrimps.

STEW a quart of Shrimps in half a pint of white-wine, a nutmeg grated, and a good piece of butter; when the butter is melted, and they are hot through, beat the yolks of four eggs with a little white-wine, and pour it in, and shake it well, till it is of the thickness you like; then dish it on sippets, and garnish with sliced lemon.

To butter Crabs or Lobsters.

YOUR Crabs or Lobsters being boil'd and cold, take all the meat out of the shells and body, break the claws, and take out all their meat, mince it small, and put it all together, and add to it two or three spoonfuls of claret, a very little vinegar, a nutmeg grated; then let it boil up till it is thorough hot; then put in some butter melted, with some anchovies and gravy, and thicken up with the yolks of an egg or two; and when it is very hot, put it in the large shell, and stick it with toasts.

Another,

Another.

TAKE the meat out of the ſhells, and mix it well together with ſome white-wine, grated nutmeg, ſalt, and the juice of a lemon, or a little vinegar, put it into a ſauce-pan and ſtir it over a ſlow fire, with a piece of butter. If they are crabs, warm the ſhells and put the meat in again. If Lobſters, in a china-diſh. Some beaten pepper does well.

To roaſt Lobſters.

TIE your Lobſters to the ſpit alive, baſte them with water and ſalt till they look very red, and are enough; then baſte them with butter and ſalt, take them up, and ſet little diſhes round with the ſauce, ſome plain melted butter, ſome oyſter-ſauce.

To ſtew Carp.

TAKE a living Carp, and cut him in the neck and tail, and ſave the blood; than open him in the belly; take heed you do not break the gall, and put a little vinegar into the belly to waſh out the blood; ſtir all the blood with your hand; then put your Carp into a ſtew-pan; if you have two Carps, you may cut off one of their heads an inch below the gills, and ſlit the body in two, and put it into your ſtew-pan after you have rubbed them with ſalt; but before you put them in, your liquor muſt boil; a quart of claret, or as much as will cover them, the blood you ſaved, an onion ſtuck with cloves, a bunch of ſweet-herbs, ſome gravy, three anchovies. When this liquor boils up, put in your fiſh, and cover it cloſe, and let it ſtew up for about a quarter of an hour; then turn it, and let it ſtew a little longer; then put your Carp into a diſh, and beat up the ſauce with butter melted in oyſter-liquor, and pour your ſauce over it. Your milt, ſpawn, and rivets,

rivets, muſt be laid on the top. Garniſh the diſh with fried ſmelts, oyſters or ſpitchcock eel, lemon and fried parſley.

Another Way to ſtew Carp.

TAKE two Carps, ſcale and rub them well with ſalt; then cut them in the nape of the neck and round the tail, to make them bleed. Cut up the belly, take out the liver and guts, and if you pleaſe to cut each Carp in three pieces, they will eat the firmer; then put them in a ſtew-pan, with their blood, a quart of claret, a bunch of ſweet-herbs, an onion, one or two eſchalots, a nutmeg, a few cloves, mace, whole pepper; cover them cloſe and let them ſtew till they be half enough; then turn them, and put in half a pound of freſh butter, four anchovies, the liver and guts, taking out the gall, and let them ſtew till they are enough; then beat the yolks of five or ſix eggs, with a little verjuice, and by degrees mix it with the liquor the Carp was ſtewed in. Juſt give it a ſcald to thicken it, then put your Carp in a diſh, and pour this over it. Garniſh the diſh with ſliced lemon.

To collar Salmon.

TAKE a ſide of Salmon, and cut off about a handful of the tail; waſh your large piece very well, and dry it with a cloth; then waſh it over with the yolks of eggs; then make ſome forc'd-meat with that you cut off the tail; but take off the ſkin, and put to it a handful of parboiled oyſters, a tail or two of lobſter, the yolks of three or four eggs boiled hard, ſix anchovies, a good handful of ſweet-herbs chopp'd ſmall, a little ſalt, cloves, mace, nutmeg, pepper, and grated bread. Work all theſe together into a body with the yolks of eggs, and lay it all over the fleſhy part, and a little more pepper and ſalt over the Salmon; ſo roll it up into a Collar, and bind it with broad tape; then boil it in water and ſalt, and vinegar, but let the liquor boil firſt;

then

then put in your Collars, and a bunch of ſweet-herbs, ſliced ginger and nutmeg; let it boil, but not too faſt; it will aſk near two hours boiling; and when it is near enough take it up; put it in your ſouſing-pan, and when the pickle is cold, put it to your Salmon, and let it ſtand in it till uſed; otherwiſe you may pot it after it is boiled, and fill it up with clarified butter, as you pot fowls; that way will keep longeſt and beſt.

Eels to collar.

SPLIT them down the belly, and take the bones out clean, make a ſeaſoning with ſpice powder'd and herbs chopped fine; ſtrew it in, and roll them up, and ſew a cloth over each Eel; ſo boil them in a pickle made as for tench, and when they are boiled enough, lay them out and keep them in it. The cloths muſt be taken off when the Eels are cold.

To collar Veniſon.

TAKE a ſide of Veniſon, and bone it and take away all the ſinews, and cut it into ſquare Collars, of what bigneſs you pleaſe: It will make two or three Collars; lard it with fat clear bacon, cut your lards as big as the top of your finger, and as long as your little finger; then ſeaſon your Veniſon with pepper, ſalt, cloves, mace, and nutmeg; roll up your Collars, and tye them cloſe with coarſe tape; then put them into deep pots; put ſeaſoning at the bottom of the pot, and freſh butter, and three or four bay-leaves; then put in your Veniſon, and ſome ſeaſoning and butter on the top, and over that ſome beef-ſuet, finely ſhred, and beaten; then cover up your pot with coarſe paſte; they will aſk four or five hours baking; then take them out of the oven, and let it ſtand a little; then take out your Veniſon, and let it drain well from the gravy. Take off all the fat from the gravy, and add more butter to that fat, and ſet it over a gentle fire to clarify;

then

then take it off, and let it ſtand a little, and ſcum it well; then make your pots clean, or have pots fit for each Collar: Put a little ſeaſoning at the bottom, and ſome of your clarified butter; then put in your Veniſon, and fill up your pots with clarified butter; and be ſure your butter be an inch above the meat; and when 'tis thorough cold, tye it down with double paper, and lay a tile on the top; they will keep ſix or eight months: You may, if you pleaſe, when you uſe a pot, put the pot in boiling water a minute, and it will come whole out: Let it ſtand till 'tis cold, and ſtick it round with bay-leaves, and one ſprig on the top.

To pot Neats-Tongues.

TAKE Neats-Tongues, and rub them very well with ſalt and water (bay ſalt is beſt;) then take pump-water, with a good deal of ſalt-petre, and ſome white ſalt, and ſome cloves and mace, and boil it well, and ſcum it, and when 'tis cold put your Tongues in, and let them lye in it ſix days; then waſh them out of that liquor, and put them in a pot, and bake them with bread till they are very tender; and when they are taken out of the oven, pull off their skins, and put them in the pot you intend to keep them in, and cover them over with clarified butter: They will keep four or five months.

To collar a Breaſt of Veal.

TAKE a Breaſt of Veal, and bone it, and waſh it, and dry it in a clean cloth; then ſhred thyme, winter-ſavoury, and parſley, very ſmall, and mix it with ſalt, pepper, cloves, mace, and nutmeg; then ſtrew it on the inſide of your meat, and roll it up hard, beginning at the neck end; tye it up with tape, and put it in a pot fit to boil it in, ſtanding upright: You muſt boil it in water and ſalt, and a bunch of ſweet-herbs; when 'tis boiled enough, take it off the fire, and put it in an earthen pot, and when the liquor is cold pour it over it, or

elſe boil ſalt and water ſtrong enough to bear an egg; and when that is cold, pour it on your Veal: When you ſerve it to the table, cut it in round ſlices. Garniſh with laurel and fennel.

To Collar a Pig.

CUT off the head of your Pig; then cut the body aſunder; bone it, and cut two collars off each ſide; then lay it in water to take out the blood; then take ſage and parſley, and ſhred them very ſmall, and mix them with pepper, ſalt, and nutmeg, and ſtrew ſome on every ſide, or collar, and roll it up, and tye it with coarſe tape; ſo boil them in fair water and ſalt, till they are very tender: Put two or three blades of mace in the kettle, and when they are enough, take them up, and lay them in ſomething to cool; ſtrain out ſome of the liquor, and add to it ſome vinegar and ſalt, a little white-wine, and three or four bay-leaves; give it a boil up, and when 'tis cold put it to the collars, and keep them for uſe.

To pot Beef.

TAKE a good Buttock of Beef, and cut out the bone, and lay it flat, and ſlaſh it in ſeveral places; then ſalt it well, and let it lie in the ſalt three days; then take it out, and let it lie in running water with a handful of ſalt three days longer; then take it out, dry it with a cloth, and ſeaſon it with pepper, ſalt, nutmeg, cloves, mace, and two ounces of ſalt-petre finely beaten; then ſhred two or three pounds of beef-ſuet, and one pound in lumps, and three pounds of butter, put ſome in the bottom of the pot you bake it in; then put in your Beef and the reſt of the butter and ſuet on the top; cover your pot over with coarſe paſte, and ſet it in all night with houſhold-bread; in the morning draw it, and pour off all the fat into a pot, and drain out all the gravy; pull the meat all to pieces, fat and lean, and work it into your pots that you keep it in

while

while it is hot, or it will not cloſe ſo well; then cover it with the clear fat you poured off; paper it when 'tis cold, it will keep good a month or ſix weeks.

To make artificial Veniſon.

BONE a rump of beef, or a large ſhoulder of mutton; then beat it with a rolling-pin; ſeaſon it with pepper and nutmeg; then lay it twenty-four hours in ſheep's blood; then dry it with a cloth, and ſeaſon it again with pepper, ſalt, and ſpice: Put your meat in the form of a paſty, and bake it as a Veniſon-Paſty, and make a gravy with the bones, to put in when 'tis drawn out of the oven.

Scotch-Collops.

TAKE the ſkin from a fillet of veal, and cut it in thin Collops, hack and ſcotch them with the back of a knife, lard half of them with bacon, and fry them with a little brown butter; then take them out and put them into another toſſing pan; then ſet the pan they were fry'd in over the fire again, and waſh it out with a little ſtrong broth, rubbing it with your ladle, then pour it to the Collops, do this to every panful till all are fried; then ſtew and toſs them up with a pint of oyſters, two anchovies, two ſhiver'd palates, cock's-combs, lamb-ſtones, and ſweet-breads, blanch'd and ſlic'd, ſavoury balls, onions, a faggot of ſweet-herbs; thicken it with brown butter, and garniſh it with lemons.

Chickens forc'd with Oyſters.

LARD and truſs them; make a forcing with oyſters, ſweet-breads, parſley, truffles, muſhrooms and onions; chop theſe together, and ſeaſon it; mix it with a piece of butter and the yolk of an egg; then tie them at both ends and roaſt them; then make for them a ragoo, and garniſh them with ſliced lemon.

A Calf's-Head haſh'd.

YOUR Calf's-Head being ſlit and cleanſed, half boiled and cold, cut one ſide into thin pieces and fry it in butter; then having a toſſing-pan on the ſtow with a ragoo for made-diſhes, toſs it up and ſtew it together, and ſcotch the other ſide croſs and croſs, flour, baſte, and boil it. The Haſh being thickened with brown butter, put it in the diſh; lay over and about it fried balls, and the tongue ſliced and larded with bacon, lemon-peel, and beet-root; then fry the batter of eggs, ſliced ſweet-breads, carv'd ſippets and oyſters; lay in the Head, and place theſe on and about the Head; and garniſh it with ſliced orange and lemon.

A Ragoo of a Breaſt of Veal.

BONE a Breaſt of Veal, cut a handſome ſquare piece, then cut the other part into ſmall pieces, brown it in butter, then ſtew and toſs it up in your Ragoo for made-diſhes; thicken it with brown butter; put then the Ragoo in the diſh, lay on the ſquare piece dic'd, with lemon, ſweet-breads, ſippets, and bacon fry'd in the batter of eggs, and garniſh it with ſliced orange.

To recover Veniſon when it ſtinks.

TAKE as much cold water in a tub as will cover it a handful over, and put in good ſtore of ſalt, and let it lie three or four hours; then take your Veniſon out, and let it lie in as much hot water and ſalt, and let it lie as long as before; then have your cruſt in readineſs, and take it out, and dry it very well, and ſeaſon it with pepper and ſalt pretty high, and put it in your paſty. Do not uſe the bones of your Veniſon for gravy, but get freſh beef or other bones.

How to force a Fowl.

TAKE a good Fowl, kill, pull and draw it, then slit the skin down the back, and take off the flesh from the bones, and mince it very small, and mix it with one pound of beef-suet shred, and a pint of large oysters chopp'd, two anchovies, an eschalot, a little grated bread, some sweet-herbs; shred all these very well, and mix them, and make it up with yolks of eggs; so put all these ingredients on the bones again, and draw the skin over again; sew up the back, and put the Fowl in a bladder; so boil it an hour and a quarter; then stew some more oysters in gravy, and bruise in a little of your forc'd-meat, and beat it up with fresh butter; put the Fowl in the middle; pour on the sauce, and garnish with sliced lemon.

To boil Fowls and Cabbage.

TAKE a well-shap'd Cabbage, peel off some of the out-side leaves, and cut a piece out of the top; then scoop out the inside, and fill the hole with savoury forc'd-meat beat up with two eggs; let it be ty'd up as a pudding in a cloth, but first put on the top of the Cabbage. When the out-side is tender, lay it between two bon'd Fowls, and on them all some melted butter and slices of dried bacon.

To marinade a Leg of Lamb.

TAKE a Leg of Lamb, cut it in pieces the bigness of a half-crown; hack them with the back of a knife; then take an eschalot, three or four anchovies, some cloves, mace, nutmeg, all beaten; put your meat in a dish, and stew the seasoning over it, and put it in a stew-pan, with as much white-wine as will cover it, and let it lie two hours; then put it all together in a frying-pan, and let it be half enough; then take it out and drain it through a colendar, saving the liquor, and put to your liquor a little pepper and salt, and half a pint of gravy;

dip your meat in yolks of eggs, and fry it brown in butter; thicken up your ſauce with yolks of eggs and butter, and pour it in the diſh with your meat: Lay ſweet-breads and forc'd meat-balls over your meat; dip them in eggs, and fry them. Garniſh with lemon.

To force a Leg of Veal, Mutton, or Lamb.

TAKE out all the meat, and leave the skin whole; then take the lean of it and make it into forc'd-meat thus: To two pounds of your lean meat, three pounds of beef-ſuet; take away all ſkins from the meat and ſuet; then ſhred both very fine, and beat it with a rolling-pin, till you know not the meat from the ſuet; then mix with it four ſpoonfuls of grated bread, half an ounce of cloves and mace beaten, as much pepper, ſome ſalt, a few ſweet-herbs ſhred ſmall; mix all theſe together with ſix raw eggs, and put it into the ſkin again, and ſew it up. If you roaſt it, ſerve it with anchovy-ſauce; if you boil it, lay colliflower or *French*-beans under it. Garniſh with pickles, or ſtew oyſters and put under it, with forc'd-meat balls, or ſauſages fried in butter.

To ragoo a Breaſt of Veal.

LARD your Breaſt of Veal with bacon; then half boil it in water and ſalt, whole pepper, and a bunch of ſweet-herbs; then take it out, and duſt it with ſome grated bread, ſweet-herbs ſhred ſmall, and grated nutmeg and ſalt, all mixed together; then broil it on both ſides, and make a ſauce of anchovies and gravy thicken'd up with butter. Garniſh with pickles.

To fry Oyſters.

BEAT eggs with a little ſalt, grated nutmeg, and thicken it like thick batter, with grated white

white bread and fine flour ; then dip the Oyſters in it, and fry them brown with beef-dripping.

Beef A-la-mode.

TAKE a good Buttock of Beef, interlarded with great lard, roll'd up in ſavoury ſpice, and ſweet-herbs ; put it in a great ſauce-pan, and cover it cloſe, and ſet it in the oven all night. This is fit to eat cold.

A Gooſe, Turkey, or Leg of Mutton, A-la-daube.

LARD it with bacon, and half roaſt it, then take it off the ſpit, and put it in as ſmall a pot as will boil it, put to it a quart of white-wine, ſtrong broth, a pint of vinegar, whole ſpice, bay-leaves, ſweet-marjoram, winter-ſavory, and green onions. When it is ready, lay it in the diſh, make ſauce with ſome of the liquor, muſhrooms, dic'd lemon, two or three anchovies ; thicken it with brown butter, and garniſh it with ſliced lemon.

A Leg of Mutton A-la-royal.

LARD your Mutton and ſlices of Veal with bacon roll'd in ſpice and ſweet-herbs, then, bringing them to a brown with melted lard, boil the Leg of Mutton in ſtrong broth, with all ſort of ſweet-herbs, and an onion ſtuck with cloves ; when it is ready lay it on the diſh, lay round the collops, then pour on it a ragoo, and garniſh with lemon and orange.

A Brown Fricaſy of Chickens or Rabbets.

CUT them in pieces, and fry them in butter, then having ready hot a pint of gravy, a little claret, and white-wine, and ſtrong broth, two anchovies, two ſhiver'd palates, a faggot of ſweet-herbs, ſavoury balls and ſpice, thicken it with brown butter, and ſqueeze on it a lemon.

A White Fricaſy of the ſame.

CUT them in pieces, and waſh them from the blood, and fry them on a ſoft fire, then put them in a toſſing-pan, with a little ſtrong broth; ſeaſon them, and toſs them up with muſhrooms and oyſters; when almoſt enough, put to them a pint of cream, and thicken it with a bit of butter roll'd up in flour.

A Fricaſy of Lamb.

CUT an hind quarter of Lamb into thin ſlices, ſeaſon it with ſavoury ſpices, ſweet-herbs, and a ſhallot; then fry them, and toſs them up in ſtrong broth, white-wine, oyſters, balls and palates, a little brown butter to thicken it, or a bit of butter roll'd up in flour.

Sauce for a Woodcock.

TAKE a very little claret, ſome good gravy, a blade of mace, ſome whole pepper and eſchalot; let theſe ſtew a little, then thicken it up with butter; roaſt the guts in the woodcock, and let 'em run on ſippets, or a toaſt of white bread, and lay it under your Woodcock, and pour the ſauce in the diſh.

White Cucumber Sauce.

TAKE ſix or eight Cucumbers for ſix chickens, according as they are in bigneſs, pare and ſlice them with a piece of onion and ſome pepper and ſalt, and as much water as will ſtew them till they are tender; then toſs them up in ſome butter roll'd in flour, it muſt be as thick as you can well make it, without burning it, which it is ſubject to; you may ſtrain it through a thin colendar into another ſauce-pan, to take out the ſeeds, then heat it, and you may pour it upon chickens or rabbets, or a neck of veal.

Brown Cucumber Sauce.

PARE and slice them with a piece of onion, then put a piece of butter in the frying-pan, and when it is hot put in your Cucumbers with flour on them, and stew them till they are brown; then take them out of the pan with a slice, and put them into a sauce-pan, with a little sauce made of broth or gravy that is savoury; when you have so done, burn a piece of butter in a pan, and when it is sufficiently burnt, put your Cucumber-sauce in by degrees, and season it with salt to your taste.

To fry Cucumbers for Mutton Sauce.

YOU must brown some butter in a pan, and cut the Cucumbers in thin slices; drain them from the water, then fling them into the pan, and when they are fried brown, put in a little pepper and salt, a bit of an onion and gravy, and let them stew together, and squeeze in some juice of lemon; shake them well, and put them under your Mutton.

To hash roasted Mutton.

TAKE your Mutton half roasted, and cut it in pieces as big as a half-crown; then put into your sauce-pan half a pint of claret, as much strong broth or gravy, (or water, if you have not the other,) one anchovy, an eschalot, a little whole pepper, some nutmeg sliced, salt to your taste, some oyster-liquor, a pint of oysters: Let these stew a little; then put in the meat, and a few capers and camphire shred; when 'tis hot through, thicken it up with a piece of fresh butter roll'd in flour. Dry sippets and lay in your dish, and pour your meat on them. Garnish with lemon.

To hash a Lamb's Neck.

BOIL the Head and Neck at most a quarter of an hour, the Heart five minutes, and the Lights half an hour, the Liver boil'd or fry'd in slices

ſlices (but not haſh'd) ſlice all the reſt very thin, put in the gravy that runs from it, and a quarter of a pint of the liquor they are boiled in, a few ſpoonfuls of walnut liquor, or a little elder-vinegar, a little ketchup, pepper, ſalt, and nutmeg, the brains a little boiled and chopped, with half a ſpoonful of flour and a piece of butter as big as a walnut mixed up with them; but before you put in the butter, put in four middling cucumbers ſliced thin and ſtewed a little time, or you may fry them in butter before you put them into the Haſh, and ſhake them up together; but they are excellent good if only ſtew'd: at the time of the year, green gooſeberries ſcalded, and in grape-time, green grapes, to ſtrew on the top.

To make a ſavoury Diſh of Veal.

CUT large collops out of a Leg of Veal; ſpread them abroad on a dreſſer; hack them with the back of a knife, and dip them in the yolks of eggs, and ſeaſon them with cloves, mace, nutmeg, ſalt, pepper; then make forc'd-meat with ſome of your Veal, and beef-ſuet, and oyſters chopp'd, ſweet-herbs ſhred fine, and the aforeſaid ſpice, and ſtrew all theſe over your Collops; roll and tye them up, and put them on ſkewers, and tye them to a ſpit, and roaſt them; and to the reſt of your forc'd-meat add the yolk of an egg or two, and make it up in balls, and fry them, and put them in the diſh with your meat when roaſted, and make the ſauce with ſtrong broth, an anchovy, and an eſchalot, and a little white-wine and ſpice; let it ſtew, and thicken it up with butter.

Mutton Cutlets.

CUT a Neck of Mutton bone by bone, and beat it flat with your cleaver; have ready ſeaſoning, with grated bread, a little thyme rubb'd to powder, ſhred parſley, with grated nutmeg, and ſome lemon-peels minced; then beat up two eggs,

flour

flour your Cutlets on both ſides, and dip them in the egg beat up with a little ſalt, and then roll them in the grated bread and ſeaſoning, put ſome butter in your frying-pan, and when it is hot, lay in your Cutlets, and fry them brown on both ſides; for ſauce, take gravy or ſtrong broth, an onion, ſome ſpice, a bit of bacon and a bay-leaf, and boil them well together; then beat it up with an anchovy, or ſome oyſters, and a quarter of a pint of red wine; ſtrow upon your Cutlets pickled walnuts in quarters, barberries, ſamphire, or cucumbers, and a little ſliced lemon.

To ſtew a knuckle of Veal.

CUT your Veal in proper pieces, ſeaſon it with ſalt, whole pepper, and large mace, and put the bones chopp'd amongſt the meat, fill'd it a little more than half full with water, ſtew it ſlowly near an hour; then take up the meat, and cover it up warm, ſtrain out the ſpice and bones, bray the mace with a little of the liquor, and put in a quarter of a pint of thick cream, and the yolk of an egg; if you have no cream, ſome butter dipp'd in flour, ſcald it in well over the fire with the reſt of the liquor, then pour upon the Veal, and ſerve it.

To dreſs a Neck of Mutton.

TAKE the beſt end of a Neck of Mutton, and cut it into ſtakes, and beat them with a rolling-pin; then ſtrew ſome ſalt on them, and lay them in a frying-pan, and hold the pan over a ſoft fire, that may not burn them; turn them as they heat, and there will be gravy enough to fry them in till they are half enough; then put to them broth made thus: Take the ſcrag end of the Mutton, break it in pieces, and put it in a pipkin with three pints of water, an onion, ſome ſalt, and when it firſt boils, ſcum it very well, and cover it, and let it boil an hour; then put to it half a pint of white-wine, a ſpoonful of Vinegar, a nutmeg quarter'd, a little pepper,

per, a bunch of ſweet-herbs; ſo cover it again, and let it boil till it comes to a pint; then ſtrain it thro' a hair-ſieve, and put this liquor in the frying-pan, and let it fry together till it is enough: then put in a good piece of butter, ſhake it together, and ſerve it up. Garniſh with pickles.

Collar'd Mutton to eat hot.

TAKE two Loins of Mutton, or a Neck and Breaſt, bone them, and take off all the ſkin; then take ſome of the fat off from the loins, and make ſavoury forc'd-meat to ſpread on them, and clap the two inſides together, and where the fleſh is thick, cut it, and put in ſome of the forc'd-meat (firſt beating it with a rolling-pin) and ſeaſon it well with pepper and ſalt, beſides the ſpice that is in the forc'd-meat; roll this up as cloſe as you can, and then bind a cloth over it and ſew it up cloſe, boil it in broth, or ſalt and water, and when 'tis more than half boiled, ſtraiten the cloth; when enough, cut the Collar in three pieces, lay upon them heaps of boiled ſpinage, ſliced lemon, and pickled barberries: before you divide your collar, cut a little ſlice off of each end that they may ſtand well in the diſh; make ſauce with the bones of the mutton boiled in ſome of the broth, an onion, ſome whole ſpice, a piece of dried bacon, a bay-leaf, an anchovy, a little piece of lemon-peel, and ſome red wine, beat it up with butter, and ſome oyſters, if you have them: this will require near four hours boiling. Your collar may be made over-night; you may boil a little brown toaſt in your ſauce with walnut-pickle. You ought to make forc'd-meat enough for balls to fry and put into the ſauce.

To Collar a Breaſt of Mutton.

TAKE a large Breaſt of Mutton, take off the red ſkin, the bones, and griſles; then grate white bread, a little cloves, mace, ſalt, and pepper; the yolks of three hard eggs bruiſed ſmall, and a lit-

tle lemon-peel ſhred fine; make your meat even and flat, and ſtrew your ſeaſoning over it, with four or five anchovies waſh'd and bon'd; then roll your meat like a Collar, and bind it with coarſe tape, and bake, boil, or roaſt it: cut it into three or four pieces, and diſh it with ſtrong gravy-ſauce thicken'd with butter: you may fry oyſters and forc'd-meat balls on it if you pleaſe: 'tis very good cold. Cut it in ſlices like collar'd beef.

To collar Beef.

TAKE a Flank, and cut the skin off, lay it in pump-water, with three handfuls of bay-ſalt, and an ounce of ſaltpetre, let it lie in the brine three days; then take ſome pepper, two nutmegs, and a good handful of green ſweet-marjoram, half a handful of ſage, ſome roſemary and thyme, all green, with a good handful of parſley; chop the herbs ſmall, then lay the beef on a table, cut the lean piece, and put in the thick fat part, ſtrew it all over with the herbs and ſpice, then roll it up as cloſe as you can, tie it very well with tape bound about it; then put it into a long pot, and fill it up with the brine it was laid in, tie a wet paper over it, put it in an oven when your bread is drawn, let it ſtand all night; next day heat your oven hot, and let your beef ſtand four hours, then draw it out, and let it ſtand in the liquor till it is half cold; then take it out, and ſtrain your tape and bind it up cloſer. You muſt put two middling handfuls of ſalt into the herbs when you roll it up, beſides the brine; the roſemary ought to be chopp'd fine by itſelf, and then with the reſt of the herbs.

Another.

LAY your Flank of Beef in ham-brine eight or ten days; then dry it in a cloth, and take out all the leather and the skin; ſcotch it croſs and croſs, ſeaſon it with ſavoury ſpice, two or three anchovies, an handful or two of thyme, ſweet-marjoram,

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winter ſavory, and onions; ſtrew it on the meat, and roll it in a hard Collar in a cloth; ſew it cloſe, and tie it at both ends, and put it in a Collar-cloth, with a pint of claret, and cochineal, and two quarts of pump-water, and bake it all night; then take it out hot, and tie it cloſe at both ends; then ſet it upon one end, and put a weight upon it, and let it ſtand till 'tis cold; then take it out of the cloth, and keep it dry.

To keep collar'd Beef.

YOU may keep a Collar of Beef two months in a liquor made of one quart of Cyder and two of ſtale ſmall-beer, boiled with a handful of ſalt; if it mothers, take it off, and boil it again, and when cold, put in your Beef; firſt keep it as long as you can dry, which is to be done by rolling it up in a cloth when 'tis firſt bak'd, tying it at both ends, hanging it up to dry till cold, and taking off the cloths, wrap it up in white paper and keep it in a dry place, but not near the fire; and when you have kept it dry as long as you can, put it into the pickle as before.

To collar Pig.

SLIT the Pig down the back, take out all the bones, waſh it from the blood in three or four waters, wipe it dry, and ſeaſon it with ſavoury ſpice, thyme, parſley, and ſalt, and roll it in a hard Collar; tie it cloſe in a dry cloth, and boil it with the bones in three pints of water, a handful of ſalt, a quart of vinegar, a faggot of ſweet-herbs, whole ſpice, a pennyworth of iſing-glaſs; when it is boiled tender, take it off; and when cold, take it out of the cloth, ank keep it in this pickle.

To pot Ducks, or any Fowls, or ſmall Birds.

BREAK all the bones of your Duck with a rolling-pin, take out the thigh-bones and as many others as you can, keeping the Duck whole, ſeaſon

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it with pepper, ſalt, nutmeg and cloves; lay them cloſe in a pot with their breaſts down, put in a little red wine, a good deal of butter, and lay a ſmall weight upon them; when they are bak'd, let them ſtand in the pot till they are near cold to ſuck up the ſeaſoning the better; then put them in another pot, and pour clarified butter on them; if they are to keep long put away the gravy, if to ſpend ſoon put it in: take care to ſeaſon them well.

To pot a Swan.

BONE and ſkin your Swan, and beat the fleſh in a mortar, taking out the ſtrings as you beat it; then take ſome clear fat bacon, and beat with the Swan, and when 'tis of a light fleſh-colour, there is bacon enough in it; and when 'tis beaten till 'tis like dough, 'tis enough; then ſeaſon it with pepper, ſalt, cloves, mace and nutmeg, all beaten fine; mix it well with your fleſh, and give it a beat or two all together; then put it in an earthen pot, with a little claret and fair water, and at the top two pounds of freſh butter ſpread over it; cover it with coarſe paſte, and bake it with bread; then turn it out into a diſh, ſqueeze it gently to get out the moiſture; then put it in a pot fit for it; and when 'tis cold, cover it over with clarified butter, and next day paper it up. In this manner you may do Gooſe, Duck, or Beef, or Hare's fleſh.

To dreſs a Hare.

FLEA your Hare, and lard it with bacon; take the liver, give it one boil; then bruiſe it ſmall, and mix it with ſome marrow, or a quarter of a pound of beef-ſuet ſhred very fine, two anchovies chopp'd ſmall, ſome ſweet-herbs ſhred very ſmall, ſome grated bread, a nutmeg grated, ſome ſalt, a little bit of eſchalot cut fine; mix theſe together with the yolks of two or three eggs; then work it up in a good piece of butter; flour it, and when

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your Hare is ſpitted, lay this pudding in the belly, and ſew it up, and lay it to the fire; put a diſh under to receive what comes from the Hare; baſte it well with butter, and when 'tis enough, put in the diſh with it a ſauce made with a ſtrong broth, the gravy of your Hare, the fat being taken off, and ſome claret; boil theſe up, and thicken it with butter. When the Hare is cut up, mix ſome of the pudding with your ſauce. Garniſh the diſh with ſliced lemon.

Some inſtead of the pudding in the belly roaſt a piece of bacon, with ſome thyme; and for ſauce, have melted butter and thyme mixed with what comes from the Hare.

To make Weſtphalia *Bacon.*

MAKE a pickle as follows: take a gallon of pump-water, a quarter of a peck of bay-ſalt, as much white-ſalt, a pound of petre-ſalt, and a quarter of a pound of ſaltpetre, a pound of coarſe Sugar, and an ounce of Socho tied up in a rag: Boil all theſe together very well, and let it ſtand till 'tis cold; then put in the Pork, and let it lie in this pickle a fortnight; then take it out and dry it over ſaw-duſt. This pickle will do tongues, but you muſt firſt let the tongues lie ſix or eight hours in pump-water, to take out the ſlimineſs; and when you have laid them in the pickle, dry them as your Pork.

To ſalt and dry a Ham of Bacon.

TAKE *Engliſh* bay-ſalt, and put it in a veſſel of water ſuitable to the quantity of Hams you do, make your pickle ſtrong enough to bear an egg with your bay-ſalt; then boil and ſcum it very well; then let the pickle be thoroughly cold, and put into it ſo much red-ſaunders as will make it of the colour of claret; then let your pickle ſtand three days before you put your Hams into it. The Hams muſt

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lie in the pickle three weeks; then carefully dry them where wood is burnt.

To dry Tongues.

TAKE to every two ounces of ſalt-petre a pint of petre-ſalt, and rub it well, after it is finely beaten, over your Tongue, and then beat a pint of bay-ſalt, and rub that on over it, and every three days turn it; and when it has lain nine or ten days, hang it in wood-ſmoke to dry. Do a hog's-head this way. For a ham of pork or mutton, have a quart of bay-ſalt, half a pound of petre-ſalt, a quarter of a pound of ſalt-petre, a quarter of a pound of brown ſugar, all beaten very fine, mix'd together, and rubb'd well over it; let it lie a fortnight; turn it often, and then hang it up a day to drain, and dry it in wood-ſmoke.

To ſalt Hams, or Tongues, &c.

TAKE of *Spaniſh* ſalt a peck, of ſalt-petre, four ounces double refin'd; five pounds of very brown ſugar; put to all theſe as much water as will bear an egg; after it is well ſtirr'd, lay in the Hams ſo that they are cover'd with the pickle; let them lie three weeks if middling Hams, if large a month; when you take them out, dry them well in a cloth and rub them with bay-ſalt, then hang them up to dry, and ſmoke them with ſaw-duſt every day for a fortnight together; the chimney you hang them in muſt be of a moderate heat, the pickle muſt be raw, and not boil'd. This quantity is enough to ſalt ſix Hams at a time. When you take them out, you may boil the pickle, and skim it clean, putting in ſome freſh ſalt. If you keep your Hams till they are dry and old, lay them in hot grains, and let them lie till cold, then wrap them up in hay, and boil them tender; ſet them on in cold water when they are dry, the houghs being before ſtopp'd with ſalt, and ty'd up cloſe in brown paper, to keep out the flies.

Neats Hearts, Tongues, or Hogs Cheeks, do well in the same pickle; the best way is to rub Hams with bay-salt and sugar three or four days before you put them in this pickle.

Another.

TAKE three or four gallons of water, put to it four pounds of bay-salt, four pounds of white-salt, a pound of petre-salt, a quarter of a pound of salt-petre, two ounces of prunella-salt, a pound of brown sugar; let it boil a quarter of an hour; scum it well, and when it is cold sever it from the bottom into the vessel you keep it in.

Let Hams lie in this pickle four or five weeks.

A Clod of *Dutch* Beef as long.

Tongues a Fortnight.

Collar'd Beef eight or ten days.

Dry them in a stove, or with wood in a chimney.

To make Dutch-*Beef.*

TAKE the lean part of a Buttock of Beef raw; rub it well with brown sugar all over, and let it lie in a pan or tray two or three hours, turning it three or four times; then salt it well with common salt and salt-petre, and let it lie a fortnight, turning it every day; then roll it very strait in a coarse cloth, and put it in a cheese-press a day and a night, and hang it to dry in a chimney. When you boil it, you must put it in a cloth: When 'tis cold, it will cut out into shivers as *Dutch* Beef.

To dry Mutton to cut out in Shivers as Dutch *Beef.*

TAKE a middling Leg of Mutton, then take half a pound of brown sugar, and rub it hard all over your Mutton, and let it lie twenty-four hours; then take an ounce and half of salt-petre, and mix it with a pound of common salt, and rub that all over the Mutton every other day, till 'tis all on, and let it lie nine days longer; keep the

place free from brine, then hang it up to dry three days, then smoak it in a chimney where wood is burnt; the fire must not be too hot; a fortnight will dry it: Boil it like other hams, and when 'tis cold cut it out in shivers like *Dutch* Beef.

To dry a Leg of Mutton like Pork.

TAKE a large Leg of Mutton, and beat it down flattish with a cleaver, to make it like *Westphalia* ham; then take six penny-worth of salt-petre, and beat it fine, and rub it all over your Mutton, and let it lie all night; then make a pickle with bay-salt and pump-water, strong enough to bear an egg, and put your Mutton into it, and let it lie ten days; then take it out, and hang it in a chimney where wood is burnt, till 'tis thorough dry, which will be about three weeks. Boil it with hay, till 'tis very tender; do it in cool weather, or it will not keep well.

To salt Bacon.

CUT your Flitches of Bacon very smooth, make no holes in it: To about threescore pounds of Bacon, ten pounds of salt; dry your salt very well, and make it hot, then rub it hard over the outside, or skinny part, but on the inside lay it all over, without rubbing, only lightly on, about half an inch thick. Let it lie on a flat board, that the brine may run from it, nine days; then mix with a quart of hot salt, four penny-worth of salt-petre, and strew it all over your Bacon; then heat the rest of your salt, and put over it, and let it lie nine days longer; then hang it up a day, and put it in a chimney where wood is burnt, and there let it hang three weeks or more, as you see occasion.

To pot Salmon.

SCALE and chine your Salmon down the back, and dry it well, and cut it as near the shape of your pot as you can; two nutmegs, near an ounce

of cloves and mace, half an ounce of white pepper, about an ounce of ſalt; take out all the bones, and cut off the joll below the fins; cut off the tail; ſeaſon the ſcaly ſide firſt, and lay that at the bottom of the pot; then rub the ſeaſoning on the other ſide; cover it with a diſh, and let it ſtand all night. It muſt be put double, and the ſcaly ſide top and bottom. Put butter on the bottom and top; cover the pot with ſome ſtiff coarſe paſte; three hours if it is a large fiſh, if not, two hours will bake it. When it comes out of the oven, let it ſtand half an hour; then uncover it, and raiſe it up at one end that the gravy may run out; then put a trencher and a weight on it, to preſs out the gravy; melt the butter that came from it, but let no gravy be in it; let the butter boil up, and add more butter to it, if there be occaſion. Scum it, and fill the pot with the clear butter; when 'tis cold, paper it up.

Salmon or Mackrel to pot.

AFTER you have waſh'd them and cleans'd them, dry them in a cloth, cut off the heads and tails and fins, cut them down the bellies, take out the rows, and wipe the black that lies under the rows; take out the bones as clean as you can; ſeaſon twelve or thirteen with four ounces of ſalt, half an ounce of nutmegs, as much pepper, a quarter of an ounce of cloves, as much ginger beat very fine; mix with the ſalt and ſeaſon them; lay them into a long pot with a few bay-leaves and lemon-peel on the top, a good quantity of freſh butter, and bake them with houſhold bread at leaſt three hours: Lay on a double brown paper wetted and tied cloſe. When they are baked, take them out of the pot while hot, and pull them in ſmall pieces with your fingers; place them cloſe in your potting-pots, and pour clarified butter on the top.

To pot Beef.

TAKE ſix pounds of the Buttock of Beef, cut it in pieces as big as your fiſt, ſeaſon it with a large ſpoonful of mace, a ſpoonful of pepper, with twenty-five or thirty cloves, with a good race of ginger; beat them all very fine, mix them with ſalt, and put them to the Beef; lay it in a pot, and upon it two pound of butter: Bake it three or four hours, well cover'd up with paſte; before it is cold take out the Beef, beat it in fine, putting in the warm butter as you do it, ſo put it down cloſe in pots; if you keep it long keep back the gravy, and if it wants ſeaſoning add ſome in the beating; pour on clarified butter.

To ſtew Pigeons.

SEASON your Pigeons with pepper, ſalt, cloves and mace, and ſome ſweet-herbs; wrap this ſeaſoning up in a bit of butter, and put it in their bellies; then tie up the neck and vent, and half roaſt them; then put them in a ſtew-pan, with a quart of good gravy, a little white-wine, ſome pickled muſhrooms, a few pepper-corns, three or four blades of mace, a bit of lemon-peel, a bunch of ſweet-herbs, a bit of onion, ſome oyſter-pickle: Let them ſtew till they are enough,; then thicken it up with butter and yolks of eggs. Garniſh with lemon. Do Ducks the ſame way. You may put forc'd meat in their bellies, or ſhred thyme wrapp'd up in butter. Put forc'd-meat balls in both.

To fricaſy a Pig.

HALF roaſt your Pig, then take it up, and take off the coat, and pull the meat in flakes from the bones, and put it in a ſtew-pan, with ſome ſtrong broth, ſome white-wine, a little vinegar, an onion ſtuck with cloves, ſome mace, a bunch of ſweet-herbs, and ſome ſalt, and lemon-peel; when 'tis almoſt done, take out the onion, herbs, and le-

mon-peel, and put in ſome muſhrooms, and thicken it with cream and eggs. The head muſt be roaſted whole, and ſet in the middle, and the Fricaſy round it. Garniſh with lemon.

To ſtew Cod.

CUT your Cod in thin ſlices, and lay them one by one in the bottom of a diſh; put in a pint of white-wine, half a pound of butter, ſome oyſters and their liquor, two or three blades of mace, a few crumbs of bread, ſome pepper and ſalt, and let it ſtew till 'tis enough. Garniſh the diſh with lemon.

To make Skuets.

TAKE fine, long, and ſlender skewers; then cut veal ſweet-breads into pieces like dice, and ſome fine bacon into thin ſquare bits; ſo ſeaſon them with forc'd-meat, and then ſpit them on the skewers, a bit of ſweet-bread, and a bit of bacon, till all is on; roaſt them, and lay them round a fricaſy of ſheep's-tongues.

To pot Hare.

TAKE three pounds of the pure fleſh of Hare, and a pound and half of the clear fat of pork or bacon, and beat them in a mortar, till you cannot diſtinguiſh each from the other; then ſeaſon it with pepper, ſalt, a large nutmeg, a large handful of ſweet-herbs, as ſweet-marjoram, thyme, and a double quantity of parſley; ſhred all very fine, and mix it with the ſeaſoning, and beat it all together, till all is very well mingled; then put it into a pot, and lay it lower in the middle than the ſides, and paſte it up; two hours will bake it: When it comes out of the oven, have clarify'd butter ready; fill the pot an inch above the meat while it is hot; when 'tis cold, paper it up, ſo keep it; which you may do three or four months before 'tis cut: The fat of pork is much better than the fat of bacon.

To make a Bisk of Pigeons.

TAKE twelve Pigeons, fill the bellies with forc'd meat, and half roaſt them, or half boil them in ſtrong broth; then have ſlices of *French* bread, toaſted hard and ſtew'd in ſtrong broth, and have in readineſs ſome lamb-ſtones, and ſweet-breads, and palates, they being firſt boiled tender; then ſtew them with your Pigeons in your ſtrong broth; add balls of forc'd-meat firſt ſtew'd or fry'd; lay your Pigeons in a diſh; lay on them thin ſlices of grill'd bacon, and your other ingredients, and pour in your ſtrong broth, and garniſh with lemon. You may leave out the ſweet-breads, and palates, and lamb-ſtones, and put in ſcalded herbs, as for ſoops, and turnips half boiled, and cut like dice, and fry'd brown, and ſo ſerve it like a ſoop, and but ſix Pigeons.

To do Pigeons in Jelly.

TAKE a knuckle of veal, and a good piece of iſing-glaſs, and make a ſtrong Jelly; ſeaſon it with mace, white pepper, ſalt, bay-leaves, lemon-peel: Then truſs your Pigeons as for boiling, and boil them in the Jelly; when they are cold, put them in the diſh you ſerve them in; then add the juice of a lemon to your Jelly, and clarify it with the whites of eggs, and run it through a Jelly-bag into a pan, and keep it till 'tis cold: With a ſpoon lay it in heaps, on and between your Pigeons. Garniſh with ſliced lemon and bay-leaves.

To make a Poloe.

TAKE a pint of rice, boil it in as much water as will cover it; when your rice is half boiled put in your fowl, with a ſmall onion, a blade or two of mace, ſome whole pepper, and ſome ſalt; when 'tis enough, put the fowl in the diſh, and pour the rice over it.

To stew Cucumbers.

PARE twelve Cucumbers, and slice them as for eating, and put them to drain, and then lay them in a coarse cloth till they are dry; flour them, and fry them brown in butter; then put to them some gravy, a little claret, some pepper, cloves and mace, and let them stew a little; then roll a bit of butter in flour, and toss them up; put them under mutton or lamb roasted.

To pot Goose and Turkey.

TAKE a fat Goose, and a fat Turkey; cut them down the rump, and take out all the bones; lay them flat, open and season them very well with white pepper, nutmeg and salt, allowing three nutmegs, with the like proportion of pepper, and as much salt as both the spices; when you have season'd them all over, let your Turkey be within the Goose, and keep them in season two nights and a day; then roll them up as collar'd beef, very tight, and as short as you can, and bind it very fast with strong tape. Bake it in a long pot, with good store of butter, till 'tis very tender, as you may feel by the end; let it lie in the hot liquor an hour, then take it out, and let it stand till next day; then unbind it, and place it in your pot, and melt butter, and pour over it. Keep it for use, and slice it out thin.

To make a Fricasy of Eggs.

BOIL your Eggs hard, and take out a good many of the yolks whole, then cut the rest in qtarters, yolks and whites together. Set on some gravy, with a little shred thyme and parsley in it, give it a boil or two; then put in your Eggs, with a little grated nutmeg; shake it up with a bit of butter, till it be as thick as another Fricasy: Then fry artichoke-bottoms in thin slices, and serve it up. Garnish with Eggs shred small.

Another Fricasy of Eggs.

BOIL six Eggs hard; slice them in round slices; then stew some morells in white-wine, with an eschalot, two anchovies, a little thyme, and a few oysters or cockles, and salt to your taste; when they have stewed well together, put in your Eggs and a bit of butter; toss them together till 'tis thick, and then serve it up.

To fricasy Artichoke-bottoms for a Side-dish.

BOIL your Artichokes tender, take off the leaves and choke, when cold split every Bottom, dredging them with flour, and then dip them in beaten eggs, with some salt and grated nutmeg; then roll them up in grated bread, fry them in butter; make gravy sauce thicken'd with butter, and pour under them.

To make Forc'd-meat.

TAKE a piece of a leg of veal, the lean part, and some lean bacon; mince them very fine, and add a double quantity of suet; put it all in a marble mortar; beat it well, sprinkle it with a little water in the beating; season it with pepper, salt, and a little cloves and mace, to your taste; shred spinage very fine, if you would have it look green, or else without; make it up as you use it, with an egg or two, and roll it in long or round balls.

To keep Smelts in Jelly.

TAKE Smelts alive, if you can get them; chuse out the firmest without spawn; set them a boiling in a gallon of water, a pint of wine-vinegar, two handfuls of salt, and a bunch of sweet-herbs, and lemon-peel; let them boil three or four walms, and take them up before they break. The Jelly make thus: Take a quart of the liquor, and a quart of vinegar, and a quart of white-wine, one

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ounce of ising-glass, some cloves, mace, sliced ginger, whole pepper, salt; boil these over a gentle fire, till a third part be consumed, and the ising-glass be melted; then set it by till almost cold: Lay your Smelts in a *China* plate, one by one; then pour it on your Smelts; set it in a cool place; it will jelly by next day.

To stew a Turky.

TAKE a fine young Turkey, kill'd, pull'd, and drawn; fill the skin on the breast with forc'd-meat, and lard it on the sides with bacon: Put into the belly half an eschalot, and two anchovies, and a little thyme shred small; brown it in a pan, with a little butter; when 'tis very brown, put it in a stew-pan, with strong gravy, some white-wine, or claret, two or three anchovies, some mace, sweet-herbs, a little pepper, and let stew till 'tis thoroughly enough; then thicken the liquor with butter and eggs; fry some *French* loaves dipp'd in cream, after the top and the crumb is taken out; then fill them with stew'd oysters, or shrimps, or cockles, and with them garnish the dish, or with sliced lemon. A hen, goose, or duck, does well this way.

To bake a Rump of Beef.

BONE a Rump of Beef, beat it very well with a rolling-pin, cut off the sinew, and lard it with large pieces of bacon; roll your lards in seasoning, which is pepper, salt, and cloves. Lard athwart the meat, that it may cut handsomely; then season it all over the meat with pepper and salt pretty thick; then tie it with packthread cross and cross, and put the top under the bottom, and tie it up tight, and put it in an earthen pot; break all the bones, and put in the sides and over, to keep it fast that it cannot stir; then put in half a pound of butter, and some bay-leaves, and whole pepper, an eschalot or two, and some sweet-herbs; cover the top of the pot with coarse paste; put it in the oven, and let it stand

eight hours. Serve it up with its own liquor, and some dried sippets.

To make Veal Cutlets.

CUT your Veal Steaks thin; hack them, and season them with pepper and salt, and sweet-herbs; wash them over with egg, and strew over them some forc'd-meat; put two Steaks together, and lard them with bacon; wash them over with melted butter, and wrap them in white papers butter'd. Roast them on a lark-spit, or bake them; when they are enough, unpaper them, and serve them with good gravy and sliced lemon.

To dress a Calf's-Head.

SCALD the hair off, and take out the bones; then have in readiness palates boiled tender, yolks of hard eggs, oysters scalded, and forc'd-meat; stuff all this into your Head, and sew it up close in a cloth; boil it three hours; make a strong gravy for sauce, and garnish with fried bacon.

To make a Pulpatoon of Pigeons.

TAKE mushrooms, palates, oysters, sweet-breads, and fry them in butter; then put all these into a strong gravy; give them a heat over the fire, and thicken up with an egg and a bit of butter; then half roast six or eight Pigeons, and lay them in a crust of forc'd-meat as follows: Scrape a pound of veal, and two pounds of marrow, and beat it together in a stone mortar, after 'tis shred very fine; then season it with salt, pepper, spice, and put in hard eggs, anchovies, and oysters; beat all together, and make the lid and sides of your Pye of it; first lay a thin crust into your pattipan; then put on your forc'd-meat; then lay an exceeding thin crust over them; then put in your Pigeons and other ingredients, with a little butter on the top. Bake it two hours.

To pot Muſhrooms.

TAKE of the beſt Muſhrooms, and rub them with a woollen cloth; thoſe that will not rub, peel and take out the gills, and throw them into water as you do them; when they are all done, wipe them dry, and put them in a ſauce-pan, with a handful of ſalt and a piece of butter, and ſtew them till they are enough, ſhaking them often for fear of burning; then drain them from their liquor, and when they are cold wipe them dry, and lay them in a pot, one by one, as cloſe as you can, till your pot be full; then clarify butter; let it ſtand till it is almoſt cold, and pour it into your Muſhrooms. When cold, cover them cloſe in your pot. When you uſe them, wipe them clean from the butter, and ſtew them in gravy thicken'd, as when freſh.

To pot Herrings.

CUT off their heads, and put them in an earthen pot; lay them cloſe, and between every layer of Herrings ſtrew ſome ſalt, not too much; put in cloves and mace and whole pepper, and nutmeg cut in bits; fill up the pot with vinegar and water, and a quarter of a pint of white-wine; cover it with brown paper, and tye it down, and bake it with brown bread. When cold 'tis fit to eat.

To bake Herrings.

TAKE thirty Herrings, ſcale them, cut off their heads, and pull out their roes, and waſh them very clean, and lay them to drain four or five hours, and roll them in a dry cloth; ſeaſon them with pepper and ſalt, and lay them in a long veniſon pot at full length; when you have laid one row, ſhred a large onion very ſmall, and mix with it a little cloves, mace, and ginger, cut ſmall, and ſtrew it all over the Herrings: And then another row of Herrings and ſeaſoning, and ſo do till all is in the pot: Let it ſtand ſeaſon'd an hour before 'tis put in the

oven;

oven; then put in a quart of claret, and tie it over with paper, and bake it with houſhold-bread.

To make a Soop.

TAKE twelve pounds of beef, a ſcrag of mutton, and knuckle of veal; it muſt be neck-beef, and the ſticking-piece; put your beef in a ſauce-pan, and half fry it with a bit of butter; then put all in a pot, with nine quarts of water, a good handful of ſalt, a piece of bacon; boil and ſcum it; then ſeaſon it; three onions ſtuck with cloves, whole pepper, *Jamaica*-pepper, and a bunch of ſweet-herbs; let it boil five or ſix hours, cloſe covered; then ſtrain it out, and put it in your diſh, with ſtewed herbs, and toaſted bread.

To make Muſhroom Liquor and Powder.

TAKE a peck of Muſhrooms, waſh and rub them clean with a piece of flannel, cutting out all the gills, but not peeling off the skins; put to them ſixteen blades of mace, four cloves, ſix bay-leaves, twice as much beaten pepper as will lie on a half-crown, a handful of ſalt, a dozen onions, a piece of butter as big as an egg, and half a pint of vinegar; ſtew them up as faſt as you can, keeping them ſtirring till the liquor is out of your Muſhrooms; drain them through a colander, ſave the liquor and ſpice, and when cold bottle it for uſe; dry the Muſhrooms firſt on a broad-pan in the oven; afterwards put them on ſieves, till they are dry enough to pound to powder. This quantity uſually makes about half a pound.

Peas Soop.

TAKE the broth of a leg of beef, and boil in it a piece of bacon and a ſheep's-head to maſh with a good quantity of Peas; ſtrain the broth from the husks, then take half a nutmeg, four cloves, and a race of ginger, ſome pepper, a pretty deal of mint, ſome ſweet-marjoram and thyme; bruiſe the ſpice,

ſpice, and powder the herbs, then put them into the Soop; boil leeks in two or three waters till they are tender, and the rankneſs out of them; put in what other herbs you pleaſe, as ſpinage, lettice, beets, *&c.* forget not to boil an onion or two in the broth at firſt; ſome will burn butter in a ſtew-pan, and when it is boiling put in a large plate of ſliced onions; let them boil till they are tender, keeping them ſtirring all the time, and boil them in the Soop. Others will ſcrape a little *Cheſhire*-cheeſe, and ſtrew in the butter and onions; it ought to be old *Cheſhire*-cheeſe. If you put in the onions mention'd laſt, they muſt be fry'd in butter brown before they are put into the Soop: When you put them into the frying-pan flour them well, put in ſallery and turnips, if you like the taſte; but ſtrain the turnips out: To throw an old pigeon in with the meat at firſt, gives a high taſte, or a piece of lean bacon dry'd.

Oyſter Soop.

TAKE a quart of ſmall Oyſters, put them into a colendar to drain, then ſtrain the liquor through a muſlin rag, and put to it half a pint of water, and a quarter of a pint of white-wine; let them ſtew with a few ſprigs of parſley and a little thyme, a little ſhallot or onion, a little lemon-peel, a few cloves, a blade of mace, a little whole pepper; let them ſtew gently a pretty while; take a quarter of a pound of butter, and put it into a pan, but flour it well firſt; then fry it till it has done hiſſing; dry the Oyſters in a cloth, and flour them; put them into the butter, and fry them till they are plump; then take one anchovy and diſſolve in the liquor; add ſome freſh wine, the yolks of two eggs well beaten, then put all into the pan together, and give it a ſcald; keep it ſtirring all the time 'tis on the fire: Before you put the Soop into the diſh, lay the cruſt of a *French* loaf, or a toaſt, at the bottom, which muſt ſoak with ſome of the liquor over coals. Before you put in the whole, you may add ſtrong

broth

broth or fried gravy, if not in *Lent.* This Soop muſt be thick with butter'd crumbs. You may add burnt butter or ſago, but that you muſt boil in ſeveral waters, the more, the whiter it looks. Vermicelly is good in this, but that muſt boil but little time. Craw-fiſh and ſhrimps do well in this Soop; if you have ſhrimps, the fewer oyſters will do.

To make Green Peas Soop.

TAKE half a buſhel of the youngeſt Peas, divide the great from the ſmall; boil the ſmalleſt in two quarts of water, and the biggeſt in one quart; when they are well boil'd, bruiſe the biggeſt, and when the thin is drained from it, boil the thick in as much cold water as will cover it: Then rub away the ſkins, and take a little ſpinage, mint, ſorrel, lettuce and parſley, and a good quantity of marigolds; waſh, ſhred, and boil theſe in half a pound of butter, and drain the ſmall Peas; ſave the water, and mingle all together, and a ſpoonful of pepper whole; then melt a quarter of a pound of butter, and ſhake a little flour into it, and let it boil; put the liquor to the butter, and mingle all well together, and let them boil up; ſo ſerve it with dry'd bread.

To keep Green Peas till Chriſtmas.

SHELL what quantity you pleaſe of young Peas; put them in the pot when the water boils; let them have four or five walms; then firſt pour them into a colander, and then ſpread a cloth on a table, and put them on that, and dry them well in it: Have bottles ready dry'd, and fill them to the necks, and pour over them melted mutton-fat, and cork them down very cloſe, that no air come to them: Set them in your cellar, and when you uſe them, put them into boiling water, with a ſpoonful of fine ſugar, and a good piece of butter; and when they are enough, drain and butter them.

To make Aſparagus Soop.

TAKE twelve pounds of lean beef, cut in ſlices; then put a quarter of a pound of butter in a ſtew-pan over the fire, and put your beef in; let it boil up quick till it begins to brown; then put in a pint of brown ale, and a gallon of water, and cover it cloſe, and let it ſtew gently for an hour and half; put in what ſpice you like in the ſtewing, and ſtrain out the liquor, and ſcum off all the fat; then put in ſome vermicelly, and ſome ſallery waſh'd and cut ſmall, half a hundred of Aſparagus cut ſmall, and palates boiled tender and cut; put all theſe in, and let them boil gently till tender. Juſt as 'tis going up, fry a handful of ſpinage in butter, and throw in a *French* roll.

Aſparagus Soop, or Green Peas.

TAKE ſome ſtrong broth of beef, mutton, or both; boil in it a large brown toaſt, a little flour ſifted from oatmeal, and three or four handfuls of Aſparagus cut ſmall, ſo far as they are green (or Green Peas), ſome ſpinage, white beets, and what herbs you like; a little ſallery, and a few ſprigs of parſley; toaſt little white toaſts, butter them, and pour your Soop upon them; the brown bread ought to be ſtrain'd off before your Aſparagus goes in. Seaſon it with ſalt to your taſte.

White Soop.

TAKE ſome liquor that has had a leg of mutton boil'd in it, in which you may ſtew a knuckle of veal, an onion, and a bay-leaf; ſtrain it off, and put it again into your ſtew-pan, with a handful of ſhred ſallery, and a good quantity of oyſters: Let them boil till they will break, then put in ſuch a quantity of butter'd crumbs as will make it thick; you may boil in this ſome vermicelly; grate in half a nutmeg, ſalt it to your taſte; ſome ſallery if you pleaſe.

To make Scotch Collops.

CUT thin ſlices off a fillet of veal, and hack them; then take the yolks of four eggs; beat a little melted butter, a little ſalt, and ſome nutmeg, or lemon-peel grated in it; then dip in each Collop, and lay them in a pewter-diſh, and flour them, and let them lie till you want them. Put a bit of butter in the frying-pan, and your Collops, and fry them quick, ſhaking them all the while to keep the butter from oiling; then pour it into a ſtew-pan cover'd cloſe, and keep it warm; then put to them ſome good gravy, ſome muſhrooms, or what elſe you like, a bit of butter, and toſs it up thick, and ſqueeze an orange over it.

A brown Fricaſy.

TAKE lamb or rabbet cut in ſmall pieces; grate on it a little nutmeg, or lemon-peel; fry it quick and brown with butter, then have ſome ſtrong broth, in which put your morels and muſhrooms, a few cock's-combs boil'd tender, and artichoke-bottoms; a little walnut-liquor, and a bay-leaf; then roll a bit of butter in flour, ſhake it well, and ſerve it up. You may ſqueeze an orange or lemon over it.

To make Hams of Pork like Weſtphalia.

TO two large Hams, or three ſmall ones, take three pounds of common ſalt, and two pounds and half of brown coarſe ſugar; mix both together, and rub it well into the Hams, and let them lie ſeven days, turning them every day, and rub the ſalt in them, when you turn them; then take four ounces of ſalt-petre beat ſmall, and mix with two handfuls of common ſalt, and rub that well in your Hams, and let them lie a fortnight longer: Then hang them up high in a chimney to ſmoke.

To make a Pickle for Tongues.

MAKE your Pickle with bay-salt, some salt-petre, and coarse sugar, and spring-water; make it strong, boil and scum it, and when 'tis cold put in your Tongues; turn them often; let them lie three weeks, then dry them.

To make Sausages.

TAKE three pounds of fat, and three pounds of lean pork; cut the lean into thin slices, and scrape every slice, and throw away the skin; have the fat cut as small as can be; mix fat and lean together, shred and mix them well; two ounces and a half of salt, half an ounce of pepper, thirty cloves, and three or four large blades of mace, six spoonfuls of sage, two spoonfuls of rosemary cut exceeding fine, with three nutmegs grated; beat six eggs, and work them well together with a pint of water that has been boil'd, and is perfectly cold: If you put in no herbs, slice a penny white loaf in cream, and steep it all night, and work it in well with your Sausage-meat, with as much cream as will infuse the bread. If you put in raw water, the Sausages are said not to keep so well as when it is boil'd.

Very fine Sausages.

TAKE a leg of pork, or veal; pick it clean from skin or fat, and to every pound of lean meat put two pounds of beef-suet, pick'd from the skins; shred the meat and suet severally very fine; then mix them well together, and add a large handful of green sage shred very small, season it with grated nutmeg, salt and pepper; mix it well, and press it down hard in an earthen pot, and keep it for use. When you use them, roll them up with as much egg as will make them roll smooth, but use no flour: In rolling them up, make them the length of your finger, and as thick as two fingers: Fry them in clarified suet, which must be boiling hot before you

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put them in. Keep them rolling about in the pan; when they are fried through, they are enough.

To stew Pigeons with Asparagus.

DRAW your Pigeons, and wrap up a little shred parsley, with a very few blades of thyme, some salt and pepper in a piece of butter; put some in the belly, and some in the neck, and tie up the vent and the neck, and half roast them; then have some strong broth and gravy, put them together in a stew-pan; stew the Pigeons till they are full enough; then have tops of Asparagus boil'd tender, and put them in, and let them have a walm or two in the gravy, and dish it up.

A Pickle for either Tongues or Hams.

TAKE what quantity of water you please, and with bay-salt and common salt make it strong enough to bear an egg; then to every gallon of this pickle add half a pound of petre-salt, a pound of coarse sugar, and two or three ounces of salt-petre beat fine; boil it and scum it, and when 'tis thorough cold put in your Hams or Tongues; turn them often; the Hams may lie in the pickle about a month, the Tongues three weeks; then hang them up to dry.

To stew Pigeons.

SEASON eight Pigeons with pepper and salt, only take a middling cabbage cut a-cross the middle, and lay the bottom with the thick pieces in the stew-pan; then lay on your Pigeons, and cover 'em with the top of your cabbage; then pour in a pint of red wine, and a pint of water; so let it stew slowly an hour or more, then serve it.

Another.

STUFF your Pigeons with sweet-herbs chopp'd small, some bacon minced small, grated bread, spice, butter, and yolk of egg; sew them up top

and bottom, and ſtew them in ſtrong broth, with half a pint of white-wine to ſix Pigeons, and as much broth as will cover them well, with nutmeg, whole pepper, mace, ſalt, a little bundle of ſweet-herbs, and a bit of lemon-peel, and an onion; when they are almoſt done, put in ſome artichoke-bottoms ready boiled, and fried in brown butter, or aſparagus-tops ready boiled; thicken up the liquor with the ſtuffing out of the Pigeons, and a bit of butter roll'd in flour: Take out the lemon-peel, bunch of herbs, and onion. Garniſh the diſh with ſliced lemon, and very thin bits of bacon toaſted before the fire.

To pickle Hams or Ribs of Beef.

TAKE ſix gallons of your bloody Beef-brine, or from Pork, and put to it two pounds of brown ſugar, and a pound of ſalt-petre; boil 'em together, and ſcum it well, and when 'tis cold put it into the thing you deſign to pickle in, and put in your Hams; large ones muſt lie in the pickle three weeks, ſmall ones but a fortnight, ſometimes turning them; the pickle muſt be ſtrong enough to bear an egg. This way is only for great families, that kill or uſe a great deal of Beef.

To ſtew Green Peas.

TAKE five pints of young Green Peas, put them into a diſh with a little ſpring-water; ſavoury, ſome ſweet-marjoram and thyme, and an onion; a few cloves, and a little whole pepper; melt half a pound of ſweet butter, with a piece of fat dried bacon the bigneſs of an egg, in a ſtew-pan, and let it boil till it is brown; take the white part of three hard lettuces cut very ſmall, and put them into the butter; ſet it again on the fire for half a minute, ſtirring the lettuces four or five times; then put in the Peas, and after you have given them five or ſix toſſes, put in as much ſtrong broth as will ſtew them; then add half a pint of cream, and let them boil till

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the liquor is almoſt waſted; bruiſe them a little with a ſpoon, and put a quarter of a pint of more cream to them; toſs them five or ſix times, and diſh them. Any good gravy may be added.

To make Green Peas Soop.

MAKE ſtrong broth of a leg of beef, a knuckle or ſcrag-end of veal, and ſcrag of mutton; clear it off; then chop ſome cabbage-lettuce, ſpinage, and a little ſorrel, and put half a pound of butter in a flat ſauce-pan; Dredge in ſome flour, put it over the fire until 'tis brown; then put in your herbs, and toſs them up a little over the fire; then put in a pint and half of Green Peas half boiled before, and then put in your ſtrong broth, and let it juſt ſimmer over the fire half an hour; then cut ſome *French* bread very thin; dry it well before the fire, and put that in, and let it ſtew half an hour longer; ſeaſon your broth with pepper, ſalt, and a few cloves and mace. Garniſh the diſh with ſpinage ſcalded green, and ſome very thin bits of bacon toaſted before the fire.

Strong Broth.

TAKE twelve quarts of water, two knuckles of veal, a leg, or two ſhins of beef, two pair of calf's feet, a chicken, a rabbet, two onions, cloves, mace, pepper, ſalt, a bunch of ſweet-herbs; cover it cloſe, and let it boil till ſix quarts are conſum'd: Strain it out, and keep it for uſe.

To make Craw-fiſh Soop.

TAKE a gallon of water, and ſet it a boiling; put in it a bunch of ſweet-herbs, three or four blades of mace, an onion ſtuck with cloves, pepper, and ſalt; then have about two hundred of Craw-fiſh, ſave out about twenty; then pick the reſt from their ſhells; ſave the tails whole, the bodies and ſhells beat in a mortar, with a pint of peas green or dry, that have been boiled tender; put your boiling

water to it, and strain it boiling hot through a cloth, till you have got all the goodness out, and some good gravy; then slice *French* bread very thin, and set it to dry very hard: Set your Soop over a stew in a dish, and the *French* bread in it; cover it, and let it stew till 'tis served up; then brown a piece of butter in a broad sauce-pan, and put into it your tails, a ladleful of broth, and an onion: Cover that, and set it over a stew, and when you are ready to use it, take out the onion, and put all together in the dish you serve it in, with a whole *French* roll toasted and put in the middle of the dish, and the twenty Craw-fish you saved out, fried, and laid round the dish to garnish it.

If you have a carp, scale and flea it, and take the fish from the bones, and mince the fish small, with a very little bit of eschalot, an anchovy, some parsley and thyme, some spice, salt, a little grated bread, and the yolks of two eggs; make it up, and sew it in the skin of the carp; then boil it, but not long, and put it in the middle of your Soop, instead of your *French* roll.

To stew a Neck of Veal.

CUT your Neck of Veal in steaks; beat them flat, and season them with salt, grated nutmeg, thyme, and lemon-peel, shred very fine; and when you put it into your pan, put to it some thick cream, according to the quantity you do, and let it stew softly till enough; then put into your pan two or three anchovies, a little gravy, or strong broth, a bit of butter, and some flour dusted in, and toss it up till 'tis thick, then dish it. Garnish with lemon.

To stew Carp.

SCALE and gut your carp, and wash the blood out of their bellies with vinegar; then flour them well, and fry them in butter till they are thorough hot, then put them into your stew-pan, with a pint of claret, two anchovies, an onion stuck with

three or four cloves, two or three blades of mace, a bunch of ſweet-herbs, and a pound of freſh butter; put them over a ſoft fire, three quarters of an hour will do them; then take your Fiſh up, and put them in the diſh you ſerve them in; and if your ſauce is not thick enough, boil it a little longer; then ſtrain it over your Carp. This is a very good way to ſtew eels, only cut them in pieces, and not fry them. Garniſh with horſe-radiſh and lemon.

To pot Eels.

CASE your Eels and gut them, waſh them, and dry them, ſlit them down the back, and take out the bones; cut them in pieces to fit your pot; then rub every piece on both ſides with pepper, ſalt, and grated nutmeg; then lay them cloſe in the pot till 'tis full; cover the pot with coarſe paſte, and bake them. A pot that holds eight pound weight muſt have two hours baking; when they come out of the oven open the pot, and pour out all the liquor, then cover them with clarified butter.

Mackrel to Caveack.

CUT your Mackrel in pieces, ſeaſon them as for potting, and rub it in well; fry them in oil or clarified butter, then lay them on ſtraw by the fire to drain; when cold put them in vinegar, and cover them with oil, dry them before you ſeaſon them: They will keep, and are extremely good.

To pickle Mackrel.

SLIT your Mackrel in halves, take out the roes, gut and clean them, and ſtrew ſalt over them, and lay one on another, the back of one to the inſide of the other, ſo let them lie two or three hours, then wipe every piece clean from the ſalt, and ſtrew them over with pepper beaten, and grated nutmeg, ſo let them lie two or three hours longer; then fry them well, take them out of the pan, and lay them on coarſe cloths to drain; when cold put them in a

pan, and cover them over with a pickle of vinegar boiled with ſpice, when 'tis cold.

To haſh a Calf's Head.

BOIL the Head almoſt enough, then cut it in half, the faireſt half ſcotch and ſtrew it over with grated bread, and a little ſhred parſley; ſet it before the fire to broil, and baſte it with butter.

Cut the other half and the tongue in thin ſlices as big as a crown-piece: Have ſome ſtrong gravy ready, and put it in a ſtew-pan with your Haſh, an anchovy waſhed, boned, the head and tail of; a bit of onion, two or three cloves, and two blades of mace, juſt bruiſed and put into a rag; then ſtrew in a little flour, and ſet it to ſtew: When 'tis enough, have in readineſs the yolks of four eggs well beaten, with two or three ſpoonfuls of white-wine, and ſome grated nutmeg, and ſtir it in your Haſh till 'tis thick enough; then lay your broiled Head in the middle, and your Haſh round. Garniſh with lemon and little ſlices of bacon; always have forc'd-meat balls. You may add ſweet breads and lamb-ſtones, *&c.*

To jug a Hare.

CUT a Hare in pieces, but do not waſh it; ſeaſon it with half an onion ſhred very fine, a ſprig of thyme, and a little parſley all ſhred, and beaten pepper and ſalt, as much as will lie on a ſhilling, half a nutmeg, and a little lemon-peel; ſtrew all theſe over your Hare, and ſlice half a pound of fat bacon into thin ſlices; then put your Hare into a Jug, a layer of Hare, and the ſlices of bacon on it; ſo do till all is in the Jug; ſtop the Jug cloſe that not any ſteam can go out; then put it in a pot of cold water, lay a tile on the top, and let it boil three hours; take the Jug out of the kettle, and put half a pound of butter in it, and ſhake it together till the butter is melted; then pour it in your diſh. Garniſh with lemon.

To jug Pigeons.

PULL, crop, and draw your Pigeons, but not waſh them; ſave the livers, and put them in ſcalding water, and ſet them on the fire for a minute or two; then take them out, and bruiſe them ſmall with the back of a ſpoon; mix with them a little pepper, ſalt, and grated nutmeg, lemon-peel ſhred very fine, and chopp'd parſley, two yolks of eggs very hard, and bruiſed as you did the liver, and ſuet ſhaved exceeding fine, and ſome grated bread; work theſe together with raw eggs, and roll it in butter, and put a bit into the crop and belly of your Pigeon, and ſew up the neck and vent; then dip your Pigeons in water, and ſeaſon them with pepper and ſalt as for a pye; then put them in your Jug, with a piece of ſallery; ſtop them up cloſe, and ſet them in a kettle of cold water, with a tile on the top, and let it boil three hours; then take them out of the Jug, and put them in your diſh; take out the ſallery, and put in a piece of butter roll'd in flour; ſhake it till 'tis thick, and pour it on your Pigeons. Garniſh with lemon.

To make Pockets.

CUT three ſlices out of a leg of veal, the length of a finger, the breadth of three fingers, the thickneſs of a thumb, with a ſharp penknife; give it a ſlit through the middle, leaving the bottom and each ſide whole, the thickneſs of a ſtraw; then lard the top with ſmall fine lards of bacon; then make a forc'd-meat of marrow, ſweet-breads, and lamb-ſtones juſt boiled, and make it up after 'tis ſeaſoned and beaten together with the yolks of two eggs, and put it into your Pockets as if you were filling a pin-cuſhion; then ſew up the top with fine thread, flour them, and put melted butter on them, and bake them; roaſt three ſweet-breads to put between, and ſerve them with gravy-ſauce.

To make Runnet.

TAKE a calf's bag, ſkewer it up, and let it lie a night in cold water, then turn out the curd into freſh water, waſh and pick it very clean, and ſcour the bag inſide and outſide; then put a handful of ſalt to the curd, and put it into a bag, and ſkewer it up, and let it lie in a clean pot a year; then put half a pint of ſack into the bag, and as much into the pot, and prick the bag; then bruiſe one nutmeg, four cloves, a little mace, and tie them up in a bit of thin cloth, and put it into the pot, and now and then ſqueeze the ſpice cloth: In a few days you may uſe it; put a ſpoonful, or at moſt a ſpoonful and half, to twenty quarts of milk.

To make a Summer Cream-Cheeſe.

TAKE three pints of milk juſt from the cow, and five pints of good ſweet cream, which you muſt boil free from ſmoke; then put it to your milk; cool it till 'tis but blood warm, and then put in a ſpoonful of runnet; when 'tis well come, take a large ſtrainer, lay it in a great Cheeſe-fat; then put the curd in gently upon the ſtrainer, and when all the curd is in, lay on the Cheeſe-board, and a weight of two pound. Let it ſo drain three hours, till the whey be well drained from it; then lay a Cheeſe-cloth in your leſſer Cheeſe-fat, and put in the curd, laying the cloth ſmooth over it as before, and the board on the top of that, and a four-pound weight on it; turn it every two hours into dry cloths before night, and be careful not to break it next morning; ſalt it, and keep it in the fat till the next day; then put it into a wet cloth, which you muſt ſhift every day till 'tis ripe.

To make a New-market *Cheeſe to cut at two Years old.*

ANY morning in *September* take twenty quarts of new milk warm from the cow, and colour

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it with marigolds; when this is done, and the milk not cold, get ready a quart of cream, and a quart of fair water, which muſt be kept ſtirring over the fire till 'tis ſcalding hot; then ſtir it well into the milk and runnet, as you do other Cheeſe; when 'tis come, lay Cheeſe-cloths over it, and ſettle it with your hands; the more hands the better; as the whey riſes, take it away, and when 'tis clean gone, put the curd into your fat, breaking it as little as you can; then put it in the preſs, and preſs it gently an hour; take it out again, and cut it in thin ſlices, and lay them ſingly on a cloth, and wipe them dry; then put it in a tub, and break it with your hands as ſmall as you can, and mix with it a good handful of ſalt, and a quart of cold cream; put in the fat, and lay a pound weight on it till next day; then preſs and order it as others.

To make a Runnet-Bag.

LET the calf ſuck as much as he will, juſt before he is kill'd; then take the bag out of the calf, and let it lie twelve hours, cover'd over in ſtinging nettles till 'tis very red; then take out your curd, and waſh your Bag clean, and ſalt it within-ſide and without, and let it lie ſprinkled with ſalt twenty-four hours, and waſh your curd in warm new milk, and pick it, and put away all that is yellow and hollow, and keep what is white and cloſe, and waſh it well, and ſprinkle it with ſalt, and when the Bag has lain twenty-four hours, put it into the Bag again, and put to it three ſpoonfuls of the ſtroakings of a cow, beat up with the yolk of an egg or two, twelve cloves, and two blades of mace, and put a ſkewer through it, and hang it in a pot; then make the Runnet-water thus:

Take half a pint of fair water, a little ſalt, and ſix tops of the reddiſh of black-thorn, and as many ſprigs of burnet, and two of ſweet-marjoram; boil theſe in the water, and ſtrain it out, and when 'tis cold put one half in the Bag, and let the Bag lie in

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the other half, and take it out as you uſe it, and when you want, make more Runnet, which you may do ſix or ſeven times; three ſpoonfuls of this Runnet will make a large *Cheſhire* or *Cheddar* Cheeſe, and half as much to a common Cheeſe.

To make a Chedder-*Cheeſe.*

TAKE the new milk of twelve cows in the morning, and the evening cream of twelve cows, and put to it three ſpoonfuls of Runnet; and when 'tis come, break it, and whey it; and when 'tis well wheyed, break it again, and work into the curd three pounds of freſh butter, and put it in your preſs, and turn it in the preſs very often for an hour or more, and change the cloths, and waſh them every time you change them; you may put wet cloths at firſt to them, but towards the laſt put two or three fine dry cloths to them; let it lie thirty or forty hours in the preſs, according to the thickneſs of the Cheeſe: Then take it out, waſh it in whey, and lay it in a dry cloth till 'tis dry; then lay it on your ſhelf, and turn it often.

French *Butter.*

TAKE the yolks of four hard eggs, and half a pound of loaf ſugar beat and ſifted, half a pound of ſweet butter; bray them in a marble mortar, or ſome other convenient thing, with a ſpoonful or two of orange-flower-water; when it is well mix'd, force it thro' the corner of a coarſe cloth, in little heaps on a *China* plate, or thro' the top of a drudging box.

To make Butter.

AS ſoon at you have milked, ſtrain your milk into a pot, and ſtir it often for half an hour; then put it in your pans or trays; when 'tis creamed, ſkim it exceeding clean from the milk, and put your cream into an earthen pot, and if you do not churn immediately for Butter, ſhift your cream

once

once in twelve hours into another clean scalded pot, and if you find any milk at the bottom of the pot, put it away; and when you have churned, wash your Butter in three or four waters, and then salt it as you would have it, and beat it well, but not wash it after 'tis salted; let it stand in a wedge, if it be to pot, till the next morning, and beat it again, and make your layers the thickness of three fingers, and then strew a little salt on it, and so do till your pot is full.

The Queen's Cheese.

TAKE six quarts of the best Stroakings, and let them stand till they are cold; then set two quarts of cream on the fire till 'tis ready to boil; then take it off, and boil a quart of fair water, and take the yolks of two eggs, and one spoonful of sugar, and two spoonfuls of Runnet; mingle all these together, and stir it till 'tis but blood warm: when the cheese is come, use it as other cheese; set it at night, and the third day lay the leaves of nettles under and over it: It must be turned and wiped, and the nettles shifted every day, and in three weeks it will be fit to eat. This cheese is made between *Michaelmas* and *Alhallantide.*

To make a thick Cream-Cheese.

TAKE the morning's milk from the cow, and the cream of the night's milk and runnet, pretty cool together, and when 'tis come, make it pretty much in the Cheese-fat, and put in a little salt, and make the Cheese thick in a deep mold, or a melon mold, if you have one: keep it a year and half, or two Years before you cut it: It must be well salted on the outside.

To make a Slip-Coat Cheese.

TAKE new milk and runnet, quite cold, and when 'tis come, break it as little as you can in putting it into the Cheese-fat, and let it stand and

whey

whey itſelf for ſome time; then cover it, and ſet about two pound weight on it, and when it will hold together, turn it out of that Cheeſe-fat, and keep it turning upon clean Cheeſe-fats for two or three days, till it has done wetting, and then lay it on ſharp-pointed dock-leaves till 'tis ripe: Shift the Leaves often.

A Cream Cheeſe.

TAKE ſix quarts of new milk warm from the cow, and put to it three quarts of good Cream; then runnet it, and when it comes put a cloth in the Cheeſe mold, and with your Flitting-diſh take it out in thin ſlices, and lay it on your mold by degrees till 'tis all in: then let it ſtand with a Cheeſe-board upon it till 'tis enough to turn, which will be at night; then ſalt it on both ſides a little, and let it ſtand with with a two pound weight on it all night; then take it out, and put it into a dry cloth; and ſo do till 'tis dry; ripen it with laying it on nettles; ſhift the nettles every day.

All Sorts of PICKLES.

To pickle Muſhrooms.

GATHER your Muſhrooms in the morning, as ſoon as poſſible after they are out of the Ground: for one of them that are round and unopened, is worth five that are open. If you do gather any that are open, let them be ſuch as are reddiſh in the gills, for thoſe that have white gills are not good. Having gathered them, peel them into water. When they are all done, take them out, and put them into a ſauce-pan; then put to them a good quantity of ſalt, whole pepper, cloves,

cloves, mace, and nutmeg quartered; let them boil in their own liquor a quarter of an hour with a quick fire; then take them off the fire, and pass them through a colander, and let them stand till they are cold; then put all the spice that was used in the boiling them, to one half white-wine, and the other half white-wine Vinegar, some salt, and a few bay-leaves; then give them a boil or two: There must be liquor enough to cover them; and when they are cold put a spoonful or two of oil on the top to keep them: You must change the liquor once a month.

To make Melon Mangoes.

TAKE small Melons, not quite ripe, cut a slip down the side, and take out the inside very clean; beat mustard-seeds, and shred garlick, and mix with the seeds, and put in your Mangoes; put the pieces you cut out into their places again, and tie them up, and put them into your pot, and boil some Vinegar, (as much as you think will cover them) with whole pepper, and some salt, and *Jamaica* pepper, and pour in scalding hot over your Mangoes, and cover them close to keep in the steam; and so do every day for nine times together, and when they are cold cover them with leather.

To pickle Walnuts.

TAKE walnuts about *Midsummer*, when a pin will pass through them, and put them in a deep pot, and cover them over with ordinary vinegar; change them into fresh vinegar, once in fourteen days, till six weeks be past; then take two gallons of the best vinegar, and put into it coriander-seeds, carraway-seeds, dill-seeds, of each an ounce grosly bruised, ginger sliced three ounces, whole mace one ounce, nutmeg bruised two ounces, pepper bruised two ounces, give all a boil or two over the fire, and have your nuts ready in a pot, and pour the liquor boiling hot over them; so do for nine times.

To

To pickle Cucumbers in Slices.

SLICE your Cucumbers pretty thick, and to a dozen of Cucumbers slice in two or three good onions, and strew on them a large handful of salt, and let them lie in their liquor twenty-four hours; then drain them, and put them between two coarse cloths; then boil the best white-wine vinegar, with some cloves, mace, and *Jamaica* Pepper in it, and pour it scalding hot over them, as much as will cover 'em all over; when they are cold, cover them up with leather, and keep them for use.

To pickle Sprats for Anchovies.

TAKE an Anchovy-barrel, or a deep glazed pot; put a few bay-leaves at the bottom; a layer of bay-salt, and some petre-salt mix'd together; then a layer of Sprats crowded close; then bay-leaves, and the same salt and Sprats, and so till your barrel or pot be full; then put in the head of your barrel close, and once a week turn the other end upwards; in three months they'll be fit to eat as Anchovies raw, but they will not dissolve.

To pickle Sparrows or Squab-Pigeons.

TAKE your Sparrows, Pigeons, or Larks, and draw them, and cut off their legs; then make a pickle of water, a quarter of a pint of white-wine, a bunch of sweet-herbs, salt, pepper, cloves and mace; when it boils, put in your Sparrows, and when they are enough, take them up, and when they are cold, put them in the pot you keep them in; then make a strong pickle of rhenish-wine, and white-wine vinegar, put in an onion, a sprig of thyme and savoury, some lemon-peel, some cloves, mace and whole Pepper; season it pretty high with salt; boil all these together very well; then set it by till 'tis cold, and put it to your Sparrows; once in a month new boil the pickle, and when the Bones are dissolved, they are fit to eat; put them in *China*-Saucers, and mix with your pickles.

To pickle Naſturtium Buds.

GATHER your little knobs quickly after your bloſſoms are off; put them in cold water and ſalt for three days, ſhifting them once a day; then make a pickle (but do not boil it at all) of ſome white-wine, ſome white-wine vinegar, eſchalot, horſe-radiſh, pepper, ſalt, cloves and mace whole, and nutmeg quartered; then put in your ſeeds and ſtop them cloſe; they are to be eaten as capers.

To keep Quinces in Pickle.

CUT five or ſix Quinces all to pieces, and put them in an earthen pot or pan, with a gallon of water, and two pounds of honey; mix all theſe together well, and then put them in a kettle to boil leiſurely half an hour, and then ſtrain your liquor into that earthen put; and when 'tis cold, wipe your Quinces clean, and put them into it: They muſt be covered very cloſe, and they will keep all the year.

To pickle Aſparagus.

GATHER your Aſparagus, and lay them in an earthen pot; make a brine of water and ſalt ſtrong enough to bear an egg, and pour it hot on them, keep it cloſe covered: when you uſe them hot, lay them in cold water for two hours, then boil and butter them for the table; and if you uſe them as a pickle, boil them and lay them in vinegar.

To pickle Aſhen-keys.

TAKE Aſhen-keys as young as you can get them, and put them in a pot with ſalt and water; then take green whey, when 'tis hot, and pour over them; let them ſtand till they are cold before you cover them, ſo let them ſtand; when you uſe them, boil them in fair water; when they are tender take them out, and put them in ſalt and water.

To pickle Samphire.

PICK your Samphire from dead or withered branches; lay it in a bell-metal or braſs pot; then put in a pint of water and a pint of vinegar; ſo do till your pickle is an inch above your ſamphire; have a lid fit for the Pot, and paſte it cloſe down, that no ſteam may go out; keep it boiling an hour, take it off, and cover it with old ſacks, or any old Cloths, under, over, and all about the pot: when 'tis cold, put it up in tubs or pots; the beſt by itſelf; the great ſtalks lay upmoſt in boiling; it will keep the cooler and better. The vinegar you uſe muſt be the beſt.

To mango Cucumbers.

CUT a little ſlip out of the ſide of the Cucumber, and take out the ſeeds, but as little of the meat as you can; then put in the inſide muſtard-ſeed bruiſed, a clove of garlick, ſome ſlices of ginger, and ſome bits of horſe-radiſh; tie the piece in again, and make a pickle of vinegar, ſalt, whole pepper, cloves, mace, and boil it, and pour it on the Mangoes; and ſo do for nine days together; when cold, cover them with Leather.

Another Way to pickle Walnuts.

TAKE Walnuts about *Midſummer*, when a pin will paſs through them; and put them in a deep pot, and cover them over with ordinary vinegar; change them into freſh vinegar once in fourteen days, ſo do four times; then take ſix quarts of the beſt vinegar, and put into it an ounce of Dill-ſeeds groſly bruiſed; ginger ſliced three ounces, mace whole one ounce, nutmegs quartered two ounces, whole pepper two ounces; give all a boil or two over the fire; then put your nuts into a crock, and pour your pickle boiling hot over them; cover them up cloſe till 'tis cold to keep in the ſteam; then have gallipots ready, and place your nuts

nuts in them till your pots are full; put in the middle of each pot a large clove of garlick ſtuck full of cloves; and ſtrew over the tops of the pots muſtard-ſeed finely beaten, a ſpoonful, or more or leſs, according to the bigneſs of your pot; then put the ſpice on, and lay vine-leaves, and pour on the liquor, and lay a ſlate on the top to keep them under the liquor. Be careful not to touch them with your fingers, leſt they turn black; but take them out with a wooden ſpoon; put a handful of ſalt in with the ſpice. When you firſt boil the pickle, you muſt likewiſe remember to keep them under the pickle they are firſt ſteeped in, or they will loſe their colour. Tie down the pots with leather. A ſpoonful of this liquor will reliſh ſauce for fiſh, fowl, or fricaſy.

To pickle Lobſters.

BOIL your Lobſters in ſalt and water, till they will eaſily ſlip out of the ſhell; take the tails out whole, and juſt crack the claws, and take out as whole as poſſible; then make the pickle half white-wine and half water; put in whole cloves, whole pepper, whole mace, two or three bay-leaves; then put in the Lobſters, and let them have a boil or two in the pickle; then take them out, and ſet them by to be cold, boil the pickle longer, and when both are cold put them together, and keep them for uſe. Tie the pot down cloſe; eat them with oil, and vinegar, and lemon.

Tench to pickle.

WHEN your Tench are cleans'd, have a pickle ready boil'd, half white-wine and half vinegar, a few blades of mace, ſome ſlic'd ginger, whole pepper, and a bay-leaf, with a piece of lemon-peel and ſome ſalt; ſo boil your Tench in it, and when it is enough, lay them out to cool, and when the liquor is cold, put them in; it will keep but few days.

An excellent way to pickle Muſhrooms.

PUT your Muſhrooms into water, and waſh 'em clean with a ſpunge, throw them into water as you do them; then put in water and a little ſalt, and when it boils put in your Muſhrooms; when they boil up ſcum them clean, and put them into cold water, and a little ſalt: Let them ſtand twenty-four hours, and put them into white-wine vinegar, and let them ſtand a week; then take your pickle from them, and boil it very well with pepper, cloves, mace, and a little all-ſpice; when your pickle is cold, put it to your Muſhrooms in the glaſs or pot you keep them in; keep them cloſe, tied down with a bladder; the air will hurt them: If your pickle mothers, boil it again: You may make your pickle half white-wine, and half white-wine vinegar.

Another.

AFTER your Muſhrooms are well clean'd with a woollen cloth in ſalt and water, boil milk and water and put them in; let them boil eight or ten minutes; drain them in a ſieve; put them immediately into cold water that has been boil'd and made cold; take them out of it, and put them into boil'd vinegar that is cold alſo; let them ſtand twenty-four hours, and in that time get ready a pickle with white-wine vinegar, a few large blades of mace, a good quantity of whole pepper and ginger ſliced; boil this, and when cold put in your Muſhrooms from the other vinegar. Put them into wide-mouth glaſſes, and oil upon them; they will keep a great while, if you put them thus in two pickles.

To pickle Oyſters.

WASH your Oyſters in their own liquor, ſqueezing them between your fingers, that there be no gravel in them; ſtrain the liquor, and

waſh the oyſters in it again; put as much water as the liquor, and ſet it on the fire, and as it boils ſcum it clean; then put a pretty deal of whole pepper, boil it a little, then put in ſome blades of mace, and your Oyſters, ſtirring them apace, and when they are firm in the middle-part, take them off, pour them quick into an earthen pot, and cover them very cloſe; put in a few bay-leaves; be ſure your Oyſters are all under the liquor; the next day put them up for uſe, cover them very cloſe: When you diſh them to eat, put a little white-wine or vinegar on the plate with them.

To pickle Pods of Radiſhes.

GAther the youngeſt Pods, and put them in water and ſalt twenty-four hours; then make a pickle for them of vinegar, cloves, mace, whole pepper; boil this, and drain the Pods from the ſalt and water, and pour the liquor on them boiling hot: Put to them a clove of garlick a little bruiſed.

To pickle Cucumbers.

WIPE your Cucumbers very clean with a cloth, then get ſo many quarts of vinegar as you have hundreds of Cucumbers, and take dill and fennel, and cut it ſmall, and put it to the vinegar, and ſet it over the fire in a copper kettle, and let it boil, and then put in your Cucumbers till they are warm through, but not boil while they are in; when they are warm through, pour all out into a deep earthen pot, and cover it up very cloſe till the next day; then do the ſame again; but the third day ſeaſon the liquor before you ſet it over the fire; put in ſalt till 'tis blackiſh, ſome ſliced ginger, whole pepper, and whole mace; then ſet it over the fire again, and when it boils put in your Cucumbers: When they are hot through, pour them into the pot, covering it cloſe; when they are cold, put them in glaſſes, and ſtrain the liquor over them; pick out the ſpice, and put to them; cover them with leather.

To pickle French *Beans.*

TAKE young ſlender *French* Beans; take off top and tail; then make a brine with cold water and ſalt, ſtrong enough to bear an egg; put in your Beans into that brine, and let them lie fourteen days; then take them out, and waſh them in fair water, and ſet them over the fire in cold water, without ſalt, and let them boil till they are ſo tender as to eat; and when they are cold, drain them from their water, and make a pickle for them: To a peck of *French* beans, you muſt have a gallon of white-wine vinegar; boil it with ſome cloves, mace, whole pepper, and ſliced ginger, and when 'tis cold put it and your Beans in a glaſs; ſo keep them for uſe.

Another way to pickle French *Beans.*

PICK the ſmall ſlender Beans from the ſtalks, and let them lie fourteen days in ſalt and water, then waſh them clean from the brine, and put them in a kettle of water over a ſlow fire, covered over with vine-leaves; let them ſtew, and not boil, till they are almoſt as tender as for eating; then ſtrain them off, and ſtrain them on a coarſe cloth to dry; then put them in your pots: Boil alegar, ſcum it, and pour it over them, covering them cloſe; boil it ſo three or four days together, till they be green: Put ſpice, as to other pickles, and when cold cover with leather.

French *Beans to keep.*

TAKE a peck of *French* Beans, break them every one in the middle; to them put two pounds of beaten ſalt; ram them well together, and when the brine ariſes put them in a narrow-mouth'd jar; preſs them down cloſe, and lay ſomewhat that will keep them down with a weight, and tie them up cloſe, that no air comes to them; the night before you uſe them, lay them in water.

To pickle Currants for preſent Uſe.

TAKE either red or white, being not thorough ripe; give them a warm in white-wine vinegar, with as much ſugar as will indifferently ſweeten them; keep them well cover'd with liquor.

To pickle Aſparagus.

TAKE of the largeſt Aſparagus, cut off the white at the ends, and ſcrape them lightly to the head, till they look green; wipe them with a cloth, and lay them in a broad gallipot very even; throw over them whole cloves, mace, and a little ſalt; put over them as much white-wine vinegar as will cover them very well: Let them lie in the cold pickle nine days; then pour the pickle out into a braſs kettle, and let them boil; then put them in, and ſtove them down cloſe, and ſet them by a little; then ſet them over again, till they are very green; but take care they don't boil to be ſoft; then put them in a large gallipot, place them even, and put the liquor over them; when cold tie them down with leather: 'Tis a good pickle, and looks well in a ſavoury made diſh or pye.

To pickle Broom Buds.

PUT your Broom-Buds into little linnen-bags, tie them up, and make a pickle of bay-ſalt and water boiled, and ſtrong enough to bear an egg; put your bags in a pot, and when your pickle is cold, put it to them; keep them cloſe, and let them lie till they turn black: Then ſhift them two or three times, till they change green; then take them out, and boil them as you have occaſion for them: When they are boiled, put them out of the bag; in vinegar they will keep a month after they are boiled.

To pickle Purſlain Stalks.

WASH your Stalks, and cut them in pieces ſix inches long; boil them in water and ſalt

a dozen walms; take them up, drain them, and when they cool make a pickle of ſtale beer, white-wine vinegar, and ſalt; put them in, and cover them cloſe.

Cabbage-Lettuce to keep.

ABOUT the latter end of the ſeaſon take very dry ſand, and cover the bottom of a well-ſeaſon'd barrel; then ſet your Lettuce in ſo as not to touch one another; you muſt not lay above two rows one upon another; cover them well with ſand, and ſet them in a dry place, and be careful that the froſt come not at them. The Lettuce muſt not be cut but pull'd up by the roots.

To pickle Red Cabbage.

TAKE your cloſe-leav'd Red Cabbage, and cut it in quarters, and when your liquor boils put in your Cabbage, and give it a dozen walms; then make the pickle of white-wine vinegar and claret: You may put to it beet-root, boil them firſt, and turnips half boiled; 'tis very good for the garniſhing diſhes, or to garniſh a ſalade.

To pickle Barberries.

TAKE of white-wine vinegar, and fair water, an equal quantity, and to every pint of this liquor put a pound of ſix-penny ſugar; ſet it over the fire, and bruiſe ſome of the Barberries and put in it a little ſalt; let it boil near half an hour; then take it off the fire, and ſtrain it, and when 'tis pretty cold pour it into a glaſs over your Barberries; boil a piece of flannel in the liquor and put over them, and cover the glaſs with leather.

Another way to pickle Barberries.

TAKE water, and colour it red with ſome of the worſt of your Barberries, and put ſalt to it, and make it ſtrong enough to bear an egg; then ſet it over the fire, and let it boil half an hour; ſcum

ſcum it, and when 'tis cold ſtrain it over your Barberries; lay ſomething on them to keep them in the liquor, and cover the pot or glaſs with leather.

To pickle Salmon.

TAKE two quarts of good vinegar, half an ounce of black pepper, half an ounce of *Jamaica*-pepper; cloves and mace, of each a quarter of an ounce; near a pound of ſalt; bruiſe the ſpice groſly, and put all theſe to a ſmall quantity of water, put juſt enough to cover your fiſh: Cut the fiſh round, three or four pieces, according to the ſize of the Salmon, and when the liquor boils put in your fiſh, boil it well; then take the fiſh out of the pickle, and let it cool; and when 'tis cold put your fiſh into the barrel or ſtein you keep it in, ſtrewing ſome ſpice and bay-leaves between every piece of fiſh: Let the pickle cool, and ſcum off the fat, and when the pickle is quite cold, pour it on your fiſh, and cover it very cloſe.

To pickle Oyſters.

TAKE a hundred and half of large Oyſters, waſh them in their own liquor; and then ſcald them in their own liquor; then take them out, and lay them on a clean cloth to cool; then ſtrain their liquor, and boil and ſcum it clean, and put to it one pint of white-wine, half a pint of white-wine vinegar, one nutmeg beat groſly, one onion ſlit, an ounce of white pepper, half whole, the other half juſt bruiſed, ſix or eight blades of mace, a quarter of an ounce of cloves, five or ſix bay-leaves; boil up this pickle till 'tis of a good taſte; then cool it in broad diſhes, and put your Oyſters in a deep pot or barrel, and when the pickle is cold put it to them; in five or ſix days they will be ready to eat, and will keep three weeks or a month, if you take them out with a ſpoon, and not touch them with your fingers.

The Lemon Salade.

TAKE Lemons, and cut them in halfs, and when you have taken out the meat, lay the rinds in water twelve hours; then take them out, and cut the rinds thus ☙: Then boil them in water till they are tender; then take them out and dry them; then take a pound of loaf-ſugar and put to it a quarter of a pint of white-wine, and twice as much white-wine vinegar, and boil it a little; then take it off, and when 'tis cold put it in the pot to your peels: They will be ready to eat in five or ſix days, and it is a pretty Salade.

To pickle Pigeons.

TAKE your Pigeons and bone them, beginning at the rump; then take cloves, mace, nut-meg, pepper, ſalt, thyme, lemon-peel; beat the ſpice, ſhred the herbs and lemon-peel very ſmall, and ſeaſon the inſide of your Pigeons, and then ſew them up, and place the legs and wings in order: Then ſeaſon the outſide and make a pickle for them. To a dozen of Pigeons two quarts of water, one quart of white-wine, a few blades of mace, ſome ſalt, ſome whole pepper, and when it boils, put in your Pigeons, and let them boil till they are tender; then take them out and ſtrain out the liquor, and put your Pigeons in a pot, and when the liquor is cold, pour it on them. When you ſerve them to the table, dry them out of the pickle, and garniſh the diſh with fennel or flowers. Eat them with vi-negar and oil.

To pickle Purſlain Stalks.

TAKE the largeſt and greeneſt Purſlain Stalks, gather them dry, and ſtrip off all the leaves. Lay the Stalks cloſe in an earthen pot: You may lay kidney-beans among them, for you may do them the ſame way; then lay a ſtick or two acroſs to keep them under the pickle, which muſt be made thus:

Take

Take whey, and ſet it on the fire, with as much ſalt as will make it almoſt as ſalt as brine; ſcum off all the curd, and let it boil a quarter of an hour longer, with *Jamaica*-pepper in it. Next day, when 'tis cold, pour the clear through a clean cloth upon the pickles, and tie it down cloſe, and ſet it in a cool cellar. In winter, take a few out as you uſe them: Waſh them till the water runs clean; then put your Beans or Stalks into cold water, and ſet them over the fire, very cloſe covered, and let them ſcald two hours; and tho' they be black as ink, or ſtink before you put them in, they will be very green and good when done; then boil vinegar, ſalt, pepper, *Jamaica*-pepper, ginger, for half a quarter of an hour; and when your Stalks are well drain'd from the water through a colander, then put your pickle to them, and when theſe are uſed, green more, but do not do many at a time.

To make Engliſh *Katchup.*

TAKE a wide-mouth'd bottle, put therein a pint of the beſt white-wine vinegar; then put in ten or twelve cloves of eſchalot peeled and juſt bruiſed; then take a quarter of a pint of the beſt Langoon white-wine, boil it a little, and put to it twelve or fourteen anchovies waſh'd and ſhred, and diſſolve them in the wine, and when cold put them in the bottle; then take a quarter of a pint more of white-wine, and put in it mace, ginger ſliced, a few cloves, a ſpoonful of whole pepper juſt bruiſed, let them boil all a little; when near cold, ſlice in almoſt a whole nutmeg, and ſome lemon-peel, and likewiſe put in two or three ſpoonfuls of horſe-radiſh; then ſtop it cloſe, and for a week ſhake it once or twice a day; then uſe it: 'Tis good to put into fiſh ſauce, or any ſavoury diſh of meat; you may add to it the clear liquor that comes from muſhrooms.

To pickle Cucumbers in Slices.

TAKE your Cucumbers at the full bigness, but not yellow, and slice them half an inch thick; slice an onion or two with them, and strew a pretty deal of salt on them; let them stand to drain all night; then pour the liquor clear from them: dry them in a coarse cloth, and boil as much vinegar as will cover them, with whole pepper, mace, and a quarter'd nutmeg; pour it scalding hot on your cucumbers, keeping them very close stopt; in two or three days heat your liquor again, and pour over them; so do two or three times more, then tye them up with leather.

To pickle small Onions.

TAKE young white unset onions, as big as the tip of your finger; lay them in water and salt two days; shift them once, then drain them in a cloth; boil the best vinegar with spice, according to your taste, and when 'tis cold, keep them in it covered with a wet bladder.

Another Way to pickle Walnuts.

TAKE your Nuts fit to preserve, prick them full of holes, and cut the slit in the crease half through. Put them as you do them into brine; let them lie three weeks, changing the brine every four days: take them out with a cloth, and wipe them dry; put them in a pot, with a good deal of bruised mustard-seed; then have your pickle ready; which must be wine-vinegar, as much as will cover them; put in cloves, mace, ginger, pepper, salt, three or four cloves of garlick stuck with cloves, and pour your liquor boiling hot upon them, and keep them close tied for a fortnight; boil the pickle again, so do three times; put oil on the top.

To diſtil Vinegar for Muſhrooms.

TO a gallon of vinegar put an ounce and half of ginger ſliced, one ounce of nutmegs bruiſed, half an ounce of mace, half an ounce of white pepper, as much *Jamaica* pepper, both bruiſed, a few cloves; diſtil this: Take care it does not burn in the ſtill.

To pickle Muſhrooms.

TAKE only the Buttons, waſh them in milk and water with a flannel; put milk on the fire, and when it boils, put in your muſhrooms, and boil them four or five boils, and have in readineſs a brine made with milk and ſalt, and take them out of the boiling brine, and put them into the milk brine, and cover them up all night; then have a brine with water and ſalt, boil it, and let it ſtand to be cold, and put in your buttons, and waſh them in it. When you firſt boil your Muſhrooms, you muſt put with them an onion and ſpice. Then have in readineſs a pickle, made with half white-wine, and half white-wine vinegar; boil in it ginger, mace, nutmegs, and whole white pepper; when 'tis quite cold, put your Muſhrooms into the bottle, and ſome bay-leaves on the ſides, and ſtrew between ſome of your boiled ſpice; then put in the liquor, and a little oil on the top; cork and rozin the top; ſet them cool and dry, and the bottom upwards.

A Leg of Mutton A-la-Daube.

LARD your meat with bacon through, but ſlant-way; half roaſt it; take it off the ſpit, and put it in a ſmall pot as will boil it; two quarts of ſtrong broth, a pint of white-wine, ſome vinegar, whole ſpice, bay-leaves, green onions, ſavoury, ſweet-marjoram; when 'tis ſtew'd enough, make ſauce of ſome of the liquor, muſhrooms, lemon cut like dice, two or three anchovies: thicken it with browned butter. Garniſh with lemon.

To marinate Smelts.

TAKE your Smelts, gut them neatly, waſh and dry them, and fry them in oil; lay them to drain and cool, and have in readineſs a pickle made with vinegar, ſalt, pepper, cloves, mace, onion, horſe-radiſh: let it boil together half an hour, when 'tis cold put in your Smelts.

To make the Muſhroom Powder.

TAKE a peck of Muſhrooms, waſh and rub them clean with a flannel rag, cutting out all the worms; but do not peel off the ſkins: put to them ſixteen blades of mace, forty cloves, ſix bay-leaves, twice as much beaten pepper as will lie on a half crown; a good handful of ſalt, a dozen onions, a piece of butter as big as an egg, and half a pint of vinegar: ſtew theſe as faſt as you can; keep the liquor for uſe, and dry the Muſhrooms firſt on a broad pan in the oven; afterwards put them on ſieves, till they are dry enough to pound all together into powder. This quantity uſually makes half a pound.

To pickle Lemons.

TAKE twelve Lemons, ſcrape them with a piece of broken-glaſs; then cut them croſs into four parts, downright, but not quite through, but that they will hang together; then put in as much ſalt as they will hold, and rub them well, and ſtrew them over with ſalt; let them lye in an earthen diſh, and turn them every day for three days; then ſlice an ounce of ginger very thin, and ſalted for three days; twelve cloves of garlick parboiled, and ſalted three days; a ſmall handful of muſtard-ſeed bruiſed, and ſearced through a hair ſieve; ſome red Indian pepper, one to every Lemon. Take your Lemons out of the ſalt, and ſqueeze them gently, and put them into a Jar, with the ſpice, and cover them with the beſt white-wine vinegar.

vinegar. Stop them up very cloſe, and in a month's time they will be fit to eat.

To keep Artichoaks in Pickle, to boil all Winter.

THROW your Artichoaks into ſalt and water half a day; then make a pot of water boil, and put in your Artichoaks, and let them boil till you can juſt draw off the leaves from the bottom; then cut off the bottom very ſmooth and clean, and put them into a pot with pepper, ſalt, cloves, mace, two bay-leaves, and as much vinegar as will cover them: Then pour melted butter over them enough to cover an inch thick; tie it down cloſe, and keep them for uſe: When you uſe them, put them into boiling water, with a piece of butter in the water to plump them; then uſe them for what you pleaſe.

To pickle Muſhrooms.

RUB your Muſhrooms with a piece of flannel in a little water, and as you clean, put others into your pot you deſign to do them in; then ſet them into a pot of hot water, as if you were going to infuſe them; let them be covered cloſe, and boil them till they be ſettled about half from what they were at firſt: Take them out into a ſieve to let the liquor run off, and immediately ſpread them on a clean coarſe cloth, and ſmother them up cloſe; when cold, put them in the beſt white-wine vinegar and ſalt, and let them lye nine or ten days in it; then make your pickle with freſh white-wine vinegar, white pepper whole, and a little ſalt.

To pickle Walnuts.

IN *July* gather the largeſt Walnuts, and let them lie nine days in ſalt and water, ſhifting them every third day; let the ſalt and water be ſtrong enough to bear an egg; then put two pots of water on the fire; when the water is hot, put in your Walnuts;

Walnuts; ſhift them out of one pot into the other; for the more clean water they have the better; when ſome of them begin to riſe in the water, they are enough; then pour them into a colander, and with a woollen cloth wipe them clean, and put them in the Jar you keep them in; then boil as much vinegar as will cover them, with beaten pepper, cloves, mace, and nutmeg, juſt bruiſed, and put ſome cloves of garlick into the pot to them, and whole Spice, and *Jamaica* pepper; and when they are cold, put into every half-hundred of Nuts, three ſpoonfuls of muſtard-ſeed. Tie a bladder over them and leather.

Another way to pickle Muſhrooms.

SCRAPE the Buttons carefully with a Penknife, and throw them into cold water as you ſcrape them; and put them into freſh water, and ſet them cloſe covered over a quick clear fire; blow under it to make it boil as faſt as poſſible half a quarter of an hour; ſtrain them off, and turn the hollow end down upon a wooden board as quick as you can, whilſt they remain hot, and then ſprinkle them over with a little ſalt; when they are cold, put them into bottles or glaſſes, with a little mace, and ſliced ginger, and cover them with cold white-wine vinegar. Tie bladders or leather over them.

To make Gooſeberry-Vinegar.

TAKE Gooſeberries full ripe, bruiſe them in a mortar; then meaſure them and to every quart of gooſeberries, put three quarts of water, firſt boiled, and let ſtand till cold; let it ſtand twenty-four hours; then ſtrain it through a canvaſs, then a flannel; and to every gallon of this liquor, put one pound of feeding brown ſugar; ſtir it well, and barrel it up; at three quarters of a year old 'tis fit for uſe; but if it ſtands longer, 'tis the better: This vinegar is likewiſe good for pickles.

Another ſort of Muſhroom-Powder.

TAKE the large Muſhrooms, waſh them clean from grit; cut off the ſtalks, but do not peel or gill them; ſo put them into a kettle over the fire, but no water; put a good quantity of ſpice of all ſorts, two onions ſtuck with cloves, a handful of ſalt, ſome beaten pepper, and a quarter of a pound of butter; let all theſe ſtew, till the liquor is dried up in them; then take them out, and lay them on ſieves to dry, till they will beat to powder; preſs the powder hard down in a pot, and keep it for uſe, what quantity you pleaſe at a time in ſauce.

To pickle Muſhrooms.

TAKE your Muſhrooms freſh gathered, peel or rub them, and put them in milk, and water and ſalt; when they are all peeled, take them out of that, and put them into freſh milk, water, and ſalt to boil, and an onion ſtuck with cloves; and when they have boiled a little, take them off, and take them out of that, and ſmother them between two flannels; then take as much good Alegar as you think will cover them, and boil it with ginger, mace, nutmeg, and whole pepper; when 'tis cold, let it be put on your muſhrooms, and cover them cloſe.

To pickle Muſcles or Cockles.

TAKE your freſh muſcles, or cockles; waſh them very clean, and put them in a pot over the fire, till they open; then take them out of their ſhells, and pick them clean, and lay them to cool; then put their liquor to ſome vinegar, whole pepper, ginger ſliced thin, and mace, and ſet it over the fire; when 'tis ſcalding hot, put in your Muſcles, and let them ſtew a little; then pour out the pickle from them, and when both are cold put

them in an earthen jug, and cork it up cloſe: In two or three days they will be fit to eat.

To make Hung Beef.

TO a pound of beef, put a pound of bay-ſalt, two ounces of ſalt-petre, a pound of ſugar mix'd with the common ſalt; let it lie ſix weeks in this brine, turning it every day, then dry it and boil it.

To do the fine hanged Beef.

THE piece that is fit to do, is the navel-piece, and let it hang in your cellar as long as you dare for ſtinking, and till it begins to be a little ſappy; take it down, and waſh it in ſugar and water; waſh it with a clean rag very well, one piece after another: for you may cut that piece in three; then take ſix-penny-worth of ſalt-petre, and two pounds of bay-ſalt; dry it, and pound it ſmall, and mix with it two or three ſpoonfuls of brown ſugar, and rub your beef in every place very well with it; then take of common ſalt, and ſtrew all over it as much as you think will make it ſalt enough; let it lie cloſe, till the ſalt be diſſolv'd, which will be in ſix or ſeven days; then turn it every other day, the undermoſt uppermoſt, and ſo for a fortnight; then hang it where it may have a little warmth of the fire; not too hot to roaſt it. It may hang in the kitchen a fortnight; when you uſe it, boil it in hay and pump-water, very tender: it will keep boiled two or three months, rubbing it with a greaſy cloth, or putting it two or three minutes into boiling water to take off the mouldineſs.

To diſtil Verjuice for Pickles.

TAKE three quarts of the ſharpeſt verjuice, and put it in a cold ſtill, and diſtil it off very ſoftly; the ſooner 'tis diſtill'd in the ſpring, the better for uſe.

To pickle Muſhrooms.

TAKE your Muſhrooms as ſoon as they come in; cut the ſtalks off, and throw your Muſhrooms into water and ſalt as you do them; then rub them with a piece of flannel, and as you do them, throw them into another veſſel of ſalt and water, and when all is done, put ſome ſalt and water on the fire, and when 'tis ſcalding hot, put in your Muſhrooms, and let them ſtay in as long as you think will boil an Egg: throw them into cold water as ſoon as they come off the fire; but firſt put them in a ſieve, and let them drain from the hot water, and be ſure to take them out of the hot water immediately, or they will wrinkle and look yellow. Let them ſtand in the cold water till next morning, then take them out, and put them into freſh water and ſalt, and change them every day for three or four days together; then wipe them very dry, and put them into diſtilled vinegar: The ſpice muſt be diſtilled in the vinegar.

Sauce for boiled Turkey or Chickens.

BOIL a ſpoonful of the beſt mace very tender, and the liver of the Turkey, but not too much, for then it will be hard; bray the mace with a few drops of liquor to a very fine pulp, then bray the liver and put about half of it to the mace with a little pepper, and ſome ſalt, if you pleaſe you may put three yolks of an egg boiled hard and diſſolved; to this add by degrees a little of the liquor that drains from the Turkey, or ſome other gravy; put theſe liquors to the pulp, and boil them ſome time; then take half a pint of oyſters and boil them no longer than till they will break, and laſt put in white-wine and butter wrapt in flower; let it boil but a little, leſt the wine make the oyſters hard, and juſt at the laſt ſcald four or five ſpoonfuls of thick new cream, with a few drops of lemon or vinegar; muſhrooms pickled do well, but then leave

out the other acids; ſome like this ſauce beſt thick'd with yolks of eggs and no butter.

Sauce for Fiſh or Fleſh.

TAKE a quart of verjuice, and put it into a Jug; then take *Jamaica* pepper whole, ſome ſliced ginger, ſome mace, a few cloves, ſome lemon-peel, horſe-radiſh root ſliced, ſome ſweet-herbs, ſix eſchalots peeled and eight anchovies, two or three ſpoonfuls of ſhred capers; put all theſe into a linen-bag, and put the bag into your verjuice; ſtop the jug cloſe, and keep it for uſe; a ſpoonful cold or mixed in ſauce for fiſh or fleſh.

All Sorts of PUDDINGS.

To make an Orange Pudding.

TAKE two large Sevil Oranges, and grate off the rind, as far as they are yellow; then put your Oranges in fair water, and let them boil till they are tender, ſhift the water three or four times to take out the bitterneſs; when they are tender cut them open, and take away the ſeeds and ſtrings, and beat the other part in a mortar, with half a pound of ſugar, till 'tis a paſte; then put in the yolks of ſix eggs, three or four ſpoonfuls of thick cream, half a naples-biſket grated; mix theſe together, and melt a pound of very good freſh but- and ſtir it well in; when 'tis cold, put a bit of fine puff-paſte about the brim and bottom of your diſh, and put it in and bake it about three quarters of an hour.

Another ſort of Orange-Pudding.

TAKE the outſide rind of three Sevil Oranges, boil them in ſeveral waters till they are tender; then pound them in a mortar with three quarters of a pound of ſugar; then blanch and beat half a pound of Almonds very fine, with roſe-water to keep them from oiling; then beat ſixteen eggs, but ſix whites, and a pound of freſh butter; beat all theſe together very well till 'tis light and hollow; then put it in a diſh, with a ſheet of Puff-paſte at the bottom, and bake it with tarts; ſcrape ſugar on it, and ſerve it up hot.

To make a Carrot Pudding.

TAKE raw Carrots, and ſcrape them clean, grate them with a grater without a back. To half a pound of Carrot, take a pound of grated bread, a nutmeg, a little cinamon, a very little ſalt, half a pound of ſugar, and half a pint of ſack, eight eggs, a pound of butter melted, and as much cream as will mix it well together; ſtir it and beat it well up, and put it in a diſh to bake; put puff-paſte at the bottom of your diſh.

To make an Almond Pudding.

TAKE a pound of the beſt *Jordan*-Almonds blanched in cold water, and beat very fine with a little roſe-water; then take a quart of cream, boiled with whole ſpice, and taken out again, and when 'tis cold, mix it with the almonds, and put to it three ſpoonfuls of grated bread, and one ſpoonful of flour, nine eggs, but three whites, half a pound of ſugar, a nutmeg grated; mix and beat theſe well together, put ſome puff-paſte at the bottom of a diſh; put your ſtuff in, and here and there ſtick a piece of marrow in it. It muſt bake an hour, and when 'tis drawn, ſcrape ſugar on it, and ſerve it up.

To make a Marrow Pudding.

TAKE out the Marrow of three or four bones, and ſlice it in thin pieces; and take a penny loaf, cut off the cruſt, and ſlice it in as thin ſlices as you can, and ſtone half a pound of raiſins of the ſun; then lay a ſheet of thin paſte in the bottom of a diſh; ſo lay a row of Marrow, of Bread, and of Raiſins, till the diſh is full; then have in readineſs a quart of cream boiled, and beat five eggs, and mix with it; put to it a nutmeg grated, and half a pound of ſugar. When 'tis juſt going into the oven, pour in your cream and eggs; bake it half an hour, ſcrape ſugar on it when 'tis drawn, and ſerve it up.

A Bread and Butter Pudding for Faſting-Days.

TAKE a two-penny loaf, and a pound of freſh butter; ſpread it in very thin ſlices, as to eat; cut them off as you ſpread them, and ſtone half a pound of raiſins, and waſh a pound of currants; then put puff-paſte at the bottom of a diſh, and lay a row of your Bread and Butter, and ſtrew a handful of currants, and a few raiſins, and ſome little bits of Butter, and do ſo till your diſh is full; then boil three pints of cream and thicken it when cold with the yolks of ten eggs, a grated nutmeg, a little ſalt, near half a pound of ſugar, ſome orange-flower-water, and pour this in juſt as the Pudding is going into the oven.

Another baked Bread Pudding.

TAKE a penny loaf, cut it in thin ſlices, then boil a quart of cream or new milk, and put in your Bread, and break it very fine; put five eggs to it, a nutmeg grated, a quarter of a pound of ſugar, and half a pound of butter; ſtir all theſe well together; butter a diſh, and bake it an hour.

A Lemon Pudding.

TAKE two clear Lemons, grate off the outſide rinds; then grate two *Naples*-biſkets, and mix with your grated peel, and add to it three quarters of a pound of fine ſugar, twelve yolks, and ſix whites of eggs, well beat, and three quarters of a pound of butter melted, and half a pint of thick cream; mix theſe well together; put a ſheet of paſte at the bottom of the diſh, and juſt as the oven is ready, put your ſtuff in the diſh; ſift a little double-refined ſugar over it before you put it in the oven; an hour will bake it.

To make a Calf's-Foot Pudding.

TAKE two Calf's Feet finely ſhred; then take of biſkets grated, and ſtale macka rooms broken ſmall, the quantity of a penny loaf; then add a pound of beef-ſuet, very finely ſhred, half a pound of currants, a quarter of a pound of ſugar; ſome cloves, mace, and nutmeg, beat fine; a very little ſalt, ſome ſack and orange-flower-water, ſome citron and candied orange-peel; work all theſe well together with yolks of eggs; if you boil it, put it in the caul of a breaſt of veal, and tie it over with a cloth; it muſt boil four hours. For ſauce, melt butter, with a little ſack and ſugar; if you bake it, put ſome paſte in the bottom of the diſh, but none on the brim, then melt half a pound of butter, and mix with your ſtuff, and put it in your diſh, and ſtick lumps of marrow in it; bake it three or four hours; ſcrape ſugar over it, and ſerve it hot.

A Rice Pudding.

SET a pint of thick cream over the fire, and put into it three ſpoonfuls of the flour of Rice, ſtir it, and when 'tis pretty thick, pour it into a pan, and put into it a pound of freſh butter; ſtir it till 'tis almoſt cold; then add to it a grated nutmeg, a little ſalt, ſome ſugar, a little ſack, the yolks of ſix

eggs; ſtir it well together; put ſome puff-paſte in the bottom of the diſh, pour it in; an hour or leſs will bake it.

An Apple Pudding.

PEEL and quarter eight golden-runnets, or twelve golden-pippins; caſt them into water, in which boil them as you do Apple-ſauce; ſweeten them with loaf ſugar, ſqueeze in them two lemons, and grate in their peels; beat eight eggs, and beat them all well together; pour it into a diſh cover'd, and with puff-paſte, and bake it an hour in a ſlow oven.

To make an Oatmeal Pudding.

TAKE three pints of thick cream, and three quarters of a pound of beef-ſuet ſhred very fine: when the cream boils, put into it the ſuet, and a pound of butter, and half a pound of ſugar, a nutmeg grated, a little ſalt; then thicken all with a pint of fine Oatmeal; ſtir it together; pour it in a pan, and cover it up cloſe till 'tis almoſt cold; then put in the yolks of ſix eggs; mix it all well together, and put a very thin paſte at the bottom of the diſh, and ſtick lumps of marrow in it; bake it two hours.

To make a French *Barley Pudding.*

TAKE a quart of cream, and put to it ſix eggs well beaten, but three of the whites; then ſeaſon it with ſugar, nutmeg, a little ſalt, orange-flower-water, and a pound of melted butter; then put to it ſix handfuls of *French* barley that has been boiled tender in milk: Butter a diſh, and put it in, and bake it. It muſt ſtand as long as a veniſon-paſty, and it will be good.

A colouring Liquor for Puddings.

BEAT an ounce of cochineal very fine, put it in a pint of water in a ſkillet, and a quarter of an ounce of roach-allum; boil it till the goodneſs is out;

out; ſtrain it into a viol, with two ounces of fine ſugar. It will keep ſix months.

A good boiled Pudding.

TAKE a pound and a quarter of beef-ſuet, after 'tis ſkinned, ſhred very fine; then ſtone three quarters of a pound of raiſins, and mix with it, and a grated nutmeg, a quarter of a pound of ſugar, a little ſalt, a little ſack, four eggs, four ſpoonfuls of cream, and about half a pound of fine flour; mix theſe well together, ptetty ſtiff; tie it in a cloth, and let it boil four hours. Melt butter thick for ſauce.

Orange Pudding.

TAKE half a pound of loaf ſugar, beat half a pound of freſh butter, the yolks of ſix eggs beaten, half a candied Orange cut as ſmall as you can; melt the butter, and put in the ſugar and eggs, ſtir it over the fire a pretty while, then put in your Orange; keep it ſtirring over the fire till it be pretty thick; then take it off the fire, and let it ſtand till cold; then put it into a diſh with puff-paſte under and over it; half an hour will bake it: Then make them into little pats like cheeſecakes. It is good cold.

To make a Quaking Pudding.

TAKE a pint of cream, and boil it with nutmeg and cinamon and mace; take out the ſpice when 'tis boiled; then take the yolks of eight eggs, and four of the whites; beat them very well with ſome ſack, and mix your eggs with your cream, with a little ſalt and ſugar, and a ſtale half penny white loaf, and one ſpoonful of flour, and a quarter of a pound of almonds blanch'd and beat fine, with ſome roſe-water; beat all theſe well together, and wet a thick cloth, and flour it, and put it in when the pot boils. It muſt boil an hour at leaſt. Melt butter,

butter, ſack, and ſugar, for the ſauce; ſtick blanch'd almonds and candied orange-peel on the top.

To make a Cow-heel Pudding.

TAKE a large Cow-heel, and cut off all the meat, but the black toes; put them away, but mince the reſt very ſmall, and ſhred it over again, with three quarters of a pound of beef-ſuet; put to it a penny loaf grated, cloves, mace, nutmeg, ſugar, and a little ſalt, ſome ſack, and roſe-water; mix theſe well together with ſix raw eggs well beaten; butter a cloth, and put it in, and boil it two hours. For ſauce, melt butter, ſack, and ſugar.

To make a Curd Pudding.

TAKE the Curd of a gallon of milk, and whey it well, and rub it through a ſieve; then take ſix eggs, a little thick cream, three ſpoonfuls of orange-flower-water, one nutmeg grated, grated bread, and flour, of each three ſpoonfuls; a pound of currants, and ſtoned raiſins; mix all theſe together; butter a thick cloth, and tie it up in it; boil it an hour. For ſauce, melt butter and orange-flower-water, and ſugar.

To make a Pith Pudding.

TAKE a quantity of the Pith of an ox, and let it lie all night in water to ſoak out the blood; the next morning ſtrip it out of the ſkins, and beat it with the back of a ſpoon in orange-flower-water till 'tis as fine as pap; then take three blades of mace, a nutmeg quartered, a ſtick of cinamon; then take half a pound of the beſt *Jordan* almonds, blanched in cold water; then beat them with a little of the cream, and as they dry put in more cream, and when they are all beaten, ſtrain the cream from them to the Pith; then take the yolks of ten eggs, the whites of but two; beat them very well, and put them to the ingredients; then take a ſpoonful of grated bread, or *Naples*-biſket; mingle all theſe together,

gether, with half a pound of fine ſugar, and the marrow of four large bones, and a little ſalt; fill them in ſmall ox or hogs's guts, or bake it with puff-cruſt.

A Rice Pudding.

TAKE two large handfuls of Rice, well beaten and ſearced; then take two quarts of milk or cream, ſet it over the fire with the Rice; put in cinamon and mace; let it boil a quarter of an hour; it muſt be as thick as haſty-pudding: Then ſtir in half a pound of butter while 'tis over the fire; then take it off to cool, and put in ſugar, and a little ſalt; when 'tis almoſt cold, put in ten or twelve eggs, take out four of the whites: Butter the diſh. An hour will bake it. Searce ſugar over it.

Butter'd Crums.

PUT a piece of Butter into a ſauce-pan, and let it run to oil; then ſcum it clean, and pour it off from the ſettlement; to this clear oil put grated Crumbs of bread, and keep them ſtirring till they are criſp.

Orange Cuſtard or Pudding.

TAKE *Seville* Oranges, and rub the outſide with a little ſalt very well, pare them, and take half a pound of the peel, and lay them in ſeveral waters till the bitterneſs is abated; beat them ſmall in a ſtone or wooden mortar; then put in ten yolks of eggs, and a quart of thick cream; mix them well, and ſweeten them to your taſte. Melt half a pound of butter and ſtir it well in, if you deſign it for a Pudding, and pour it into a diſh cover'd with paſte; if for Cuſtards, leave out the butter, and pour it into *China* cups, and bake it to eat cold.

Pudding for little Diſhes.

TAKE a pint of cream, and boil it, and ſlice a half-penny loaf, and pour your cream over it hot,

hot, and cover it cloſe till 'tis cold; then put in half a nutmeg grated, a quarter of a pound of ſugar, the yolks of four eggs, the whites of but two; butter your diſh, and put it in, and let it boil an hour; melt butter, ſack, and ſugar, for ſauce.

A Haſty Pudding to butter it ſelf.

SET a quart of thick cream upon the fire, put into it the crumb of a penny white loaf grated; boil it pretty thick together, with often ſtirring it; a little before you take it up, put in the yolks of four eggs, with a ſpoonful of ſack, or orange-flower-water, and ſome ſugar; boil it very ſlow, keeping it ſtirring. Some make it with grated *Naple*-biſket, and put no eggs in. You may know when 'tis enough by an oil round the edge of the ſkillet, and ſoon all over it; then pour it out; it will require half an hour or more before it is enough. Some put a few almonds blanch'd, and beat very fine, with a ſpoonful of wine, to keep them from oiling.

Another Haſty Pudding.

BREAK an egg into fine flour and with your hand work up as much as you can into as ſtiff a paſte as is poſſible; then mince it as ſmall as herbs to the pot, as ſmall as if it were to be ſifted; then ſet a quart of milk a boiling, and put in your paſte, ſo cut as before-mentioned; put in a little ſalt, ſome beaten cinamon and ſugar, a piece of butter as big as a walnut, and keep it ſtirring all one way, till 'tis as thick as you would have it; and then ſtir in ſuch another piece of butter; and when 'tis in the diſh, ſtick it all over with little bits of butter.

To make Stew'd Pudding.

GRATE a two-penny loaf and mix it with half a pound of beef-ſuet finely ſhred, and three quarters of a pound of currants, and a quarter of a pound of ſugar, a little cloves, mace, and nutmeg; then beat five or ſix eggs, with three or four ſpoonfuls

fuls of roſe-water, and beat all together, and make them up in little rounds balls, the bigneſs of an egg, and ſome round, and ſome long in the faſhion of an egg; then put a pound of butter in a pewter diſh, when 'tis melted, and thorough hot, put in your Puddings, and let them ſtew till they are brown; turn them, and when they are enough ſerve them up, with ſack, and butter, and ſugar, for ſauce.

To make a Cabbage Pudding.

TAKE two pounds of the lean part of a leg of veal; take of beef-ſuet the like quantity; chop them together, then beat them together in a ſtone mortar, adding to it half a little Cabbage ſcalded, and beat that with your meat; then ſeaſon it with mace and nutmeg, a little pepper and ſalt, ſome green gooſeberries, grapes, or barberries in the time of year. In the winter put in a little verjuice, then mix all well together, with the yolks of four or five eggs well beaten; then wrap it up in green Cabbage-leaves; tye a cloth over it, boil it an hour: Melt butter for ſauce.

A Veniſon Paſty.

BONE your Veniſon, take out the griſles, ſkin, and films; to a ſide of Doe Veniſon three ounces of ſalt, and three quarters of an ounce of pepper; or to ſeven pounds of lean Veniſon without the bones, put in two ounces and a half of ſalt, and half an ounce of pepper.

Very fine Hog's Puddings.

SHRED four pounds of beef ſuet very fine, mix with it two pounds of fine ſugar powder'd, two grated nutmegs, ſome mace beat, and a little ſalt, and three pounds of currants waſh'd and pick'd; beat twenty-four yolks, twelve whites of eggs, with a little ſack; mix all well together, and fill your guts, being clean, and ſteep'd in orange-flower-water; cut your guts quarter and half long, fill them half full;

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tye at each end, and again thus oooo. Boil them as others, and cut them in balls when ſent to the table.

To make Almond Hogs Puddings.

TAKE two pounds of beef-ſuet, or marrow ſhred very ſmall, and a pound and half of Almonds blanched, and beaten very ſmall with roſe-water; one pound of grated bread, a pound and quarter of fine ſugar, a little ſalt, one ounce of mace, nutmeg, and cinamon, twelve yolks of eggs, four whites, a pint of ſack, a pint and half of thick cream, ſome roſe or orange-flower-water; boil the cream, and tye a little ſaffron in a rag, and dip it in the cream to colour it. Firſt beat your eggs very well, then ſtir in your Almonds, then the ſpice, and ſalt, and ſuet, and then mix all your ingredients together; fill your guts but half full, put ſome bits of citron in the guts as you fill them. Tye them up, and boil them about a quarter of an hour.

To make Hogs Puddings with Currants.

TAKE three pounds of grated bread to four pounds of beef-ſuet finely ſhred, two pounds of Currants; cloves, mace, and cinamon, of each half an ounce beaten fine, a little ſalt, a pound and half of ſugar, a pint of ſack, a quart of cream, a little roſe water, twenty eggs well beaten, but half the whites; mix all theſe well together, and fill the guts half full: Boil them a little, and prick them as they boil, to keep them from breaking the guts. Take them up on clean cloths.

Another Sort of Hogs Puddings.

TO half a pound of grated bread, put half a pound of hog's liver, boiled, cold and grated; a pound and half of ſuet finely ſhred, a handful of ſalt, a handful of ſweet-herbs chopp'd ſmall, ſome ſpice. Mix all theſe together, with ſix eggs, well beaten, and a little thick cream; fill your guts, and boil them; when cold, cut them in round ſlices an

inch thick; fry them in butter, and garniſh your diſh of fowls, haſh, or fricaſy.

To make Rice Pancakes.

TAKE a quart of cream, and three ſpoonfuls of the flour of Rice; boil it till 'tis as thick as pap, and as it boils ſtir in half a pound of butter, a nutmeg grated; then pour it out into an earthen pan, and when 'tis cold put in three or four ſpoonfuls of flour, a little ſalt, ſome ſugar, nine eggs well beaten; mix all well together, and fry them in a little pan, with a ſmall piece of butter. Serve them up, four or five in a diſh.

To make black Hogs Puddings.

BOIL all the Hog's harſlet in about four or five gallons of water till 'tis very tender; then take out all the meat, and in that liquor ſteep near a peck of groats; put in the groats as it boils, and let them boil a quarter of an hour; then take the pot off the fire, and cover it up very cloſe, and let it ſtand five or ſix hours; chop two or three handfuls of thyme, a little ſavoury, ſome parſley, and penny-royal, ſome cloves and mace beaten, a handful of ſalt; then mix all theſe with half the groats, and two quarts of blood: put in moſt part of the Leaf of the Hog; cut it in ſquare bits like dice, and ſome in long bits; fill your guts, and put in the fat as you like it; fill the guts three quarters full, put your Puddings into a kettle of boiling water; let them boil an hour, and prick them with a pin to keep them from breaking. Lay them on clean ſtraw when you take them up.

The other half of the groats you may make into white Puddings for the family: Chop all the meat very ſmall, and ſhred two handfuls of ſage very fine, an ounce of cloves and mace finely beaten, and ſome ſalt; work all together very well, with a little flour, and put it into the large guts: Boil them about an hour, and keep them and the black near the fire till uſed.

To

To make a Cheſnut Pudding.

TAKE a dozen and half of Cheſnuts, put them in a ſkillet of water, and ſet them on the fire till they will blanch; then blanch them, and when cold put them in cold water, then ſtamp them in a mortar, with orange-flower-water and ſack, till they are very ſmall; mix them in two quarts of cream, and eighteen yolks of eggs, the whites of three or four; beat the eggs with ſack, roſe-water, and ſugar; put it in a diſh with puff-paſte; ſtick in ſome lumps of marrow or freſh butter, and bake it.

To make a Brown-bread Pudding.

TAKE half a pound of Brown-bread, and double the weight of it in beef ſuet; a quarter of a pint of cream, the blood of a fowl, a whole nutmeg, ſome cinamon, a ſpoonful of ſugar, ſix yolks of eggs, three whites; mix it all well together, and boil it in a wooden diſh two hours. Serve it with ſack and ſugar, and butter melted.

To make a baked Sack Pudding.

TAKE a pint of cream, and turn it to a curd with Sack; then bruiſe the curd very ſmall with a ſpoon; then grate in two *Naples*-biſkets, or the inſide of a ſtale penny loaf, and mix it well with the curd, and half a nutmeg grated; ſome fine ſugat, and the yolks of four eggs, the whites of two, beaten with two ſpoonfuls of Sack; then melt half a pound of freſh butter, and ſtir all together till the oven is hot. Butter a diſh, and put it in, and ſift ſome ſugar over it, juſt as 'tis going into the oven; half an hour will bake it.

To make a Marjoram Pudding.

TAKE the curd of a quart of milk finely broken, a good handful or more of Sweet-Marjoram chopp'd as ſmall as duſt, and mingle with the curd five eggs, but three whites, beaten with roſe-water, ſome

ſome nutmeg and ſugar, and half a pint of cream; beat all theſe well together, and put in three quarters of a pound of melted butter; put a thin ſheet of paſte at the bottom of your diſh; then pour in your Pudding, and with a ſpur cut out little ſlips of paſte the breadth of your little finger, and lay them over croſs and croſs in large diamonds; put ſome ſmall bits of butter on the top, and bake it. *This is old faſhioned, and not good.*

To make Pancakes.

TAKE a pint of cream, and eight eggs, whites and all, a whole nutmeg grated, and a little ſalt; then melt a pound of rare diſh butter, and a little ſack; before you fry them, ſtir it in: it muſt be made as thick with three ſpoonfuls of flour, as ordinary batter, and fry'd with butter in the pan, the firſt pancake but no more: Strew ſugar, garniſh with orange, turn it on the backſide of a plate.

To make a Tanſy to bake.

TAKE twenty eggs, but eight whites, beat the eggs very well, and ſtrain them into a quart of thick cream, one nutmeg, and three *Naples*-biſkets grated, as much juice of ſpinage, with a ſprig or two of tanſy, as will make it as green as graſs; ſweeten it to your taſte; then butter your diſh very well, and ſet it into an oven, no hotter than for cuſtards; watch it, and as ſoon as 'tis done, take it out of the oven, and turn it on a pye-plate; ſcrape ſugar, and ſqueeze orange upon it. Garniſh the diſh with orange and lemon and ſerve it up.

To make a Gooſeberry-Tanſy.

PUT ſome freſh butter in a frying-pan, and when 'tis melted put into it a quart of gooſe-berries, and fry them till they are tender, and break them all to maſh; then beat ſeven eggs, but four whites, a pound of ſugar, three ſpoonfuls of ſack, as much cream, a penny-loaf grated, and three

ſpoonfuls of flour, mix all theſe together, then put the Gooſeberries out of the pan to them, and ſtir all well together, and put them into a ſauce-pan to thicken; then put butter into the frying-pan, and fry them brown: Strew ſugar on the top.

To make Curd Fritters.

TAKE a handful of curds, and a handful of flour, and ten eggs well beaten and ſtrain'd, ſome ſugar, and ſome cloves, mace, and nutmeg, a little ſaffron; ſtir all well together, and fry them in very hot beef-dripping; drop them in the pan by ſpoonfuls; ſtir them about till they are of a fine yellow-brown; drain them from the ſuet, and ſcrape ſugar on them, when you ſerve them up.

To make fry'd Toaſts.

CHIP a manchet very well, and cut it round ways into toaſts; and then take cream and eight eggs, ſeaſon'd with ſack, and ſugar, and nutmeg; and let theſe Toaſts ſteep in it about an hour; then fry them in ſweet butter, ſerve them up with plain melted butter, or with butter, ſack and ſugar, as you pleaſe.

To make Parſnip Fritters.

BOIL your Parſnips very tender, then peel 'em and beat them in a mortar, and rub them through a hair ſieve, and mix a good handful of them with ſome fine flour, ſix eggs, ſome cream and new milk, ſalt, ſugar and nutmeg a little, a ſmall quantity of ſack and roſe-water; mix all well together a little thicker than pancake batter; have a frying-pan ready with good ſtore of hogs-lard, very hot over the fire, and put in a ſpoonful in a place till the pan be ſo full as you can fry them conveniently, fry them a light brown on both ſides. For ſauce, take ſack and ſugar, with a little roſe-water or verjuice, ſtrew ſugar on them when in the Diſh.

To make Apple Fritters.

TAKE the yolks of eight eggs, the whites of four, beat them well together, and strain 'em into a pan; then take a quart of cream, warm it as hot as you can endure your finger in it; then put to it a quarter of a pint of sack, three quarters of a pint of ale, and make a posset of it; when your posset is cool, put to it your eggs, beating them well together; then put in nutmeg, ginger, salt and flour to your liking: Your batter should be pretty thick; then put in pippins sliced or scraped; fry them in good store of hot lard with a quick fire.

To make an Apple Tansy.

TAKE three pippins, slice them round in thin slices, and fry them with butter; then beat four eggs, with six spoonfuls of cream, a little rose-water, nutmeg, and sugar, and stir them together, and pour it over the apples: Let it fry a little, and turn it with a pye-plate. Garnish with lemon and sugar strew'd over it.

To make a Lemon Tart.

TAKE three clear lemons, and grate off the outside rinds; take the yolks of twelve eggs, and six whites; beat them very well, squeeze in the juice of a lemon; then put in three quarters of a pound of fine powdered sugar, and three quarters of a pound of fresh butter melted; stir all well together, put a sheet of paste at the bottom, and sift sugar on the top; put it in a brisk oven, three quarters of an hour will bake it: So serve it to the table.

A Rye-bread Pudding.

TAKE half a pound of sowre Rye-bread grated, half a pound of beef-suet finely shred, half a pound of currants clean washed, half a pound of sugar, a whole nutmeg grated; mix all well toge-

ther, with five or ſix eggs: Butter a diſh, boil it an hour and a quarter, and ſerve it up with melted butter.

A baked Pudding.

BLanch half a pound of almonds, and beat them fine with ſweet water, ambergreaſe diſſolved in orange-flower-water, or in ſome cream; then warm a pint of thick cream, and melt in it half a pound of butter; then mix it with your beaten almonds, a little ſalt, a grated nutmeg, and ſugar, and the yolks of ſix eggs; beat it up together, and put it in a diſh with puff-paſte, the oven not too hot; ſcrape ſugar on it juſt before it goes into the oven.

To make a Cuſtard Pudding.

TAKE a pint of cream, and mix with it ſix eggs well beat, two ſpoonfuls of flour, half a nutmeg grated, a little ſalt, and ſugar to your taſte; butter a cloth, put it in when the pot boils: boil it juſt half an hour; melt butter for ſauce.

Boil'd Cuſtards.

TAKE a pint of cream, and put into it two ounces of almonds, blanch'd and beaten very fine with roſe or orange-flower-water, or a little cream; let them boil till the cream is a little thickned, then ſweeten your eggs and keep it ſtirring over the fire till 'tis as thick as you would have it; then put into it a little orange-flower water, ſtir it well together, and put it into *China* cups.

N. B. You may make them without almonds.

Rice Cuſtards.

TAKE a quart of cream, and boil it with a blade of mace, and a quarter'd nutmeg; put into it boiled rice, well beat with your cream; mix them together, and ſtir them all the while it boils on the fire; when 'tis enough, take it off, and ſweeten

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to your taſte: Put in a little orange-flower-water, pour it in your diſhes; when cold ſerve it.

To make an Almond Tourt.

BLanch and beat half a pound of *Jordan* Almonds very fine; uſe orange-flower-water, in the beating your almonds; pare the yellow rind of a lemon pretty thick, boil it in water till 'tis very tender: beat it with half a pound of ſugar, and mix it with the almonds, and eight eggs, but four whites, half a pound of butter melted, and almoſt cold, and a little thick cream; mix all together, and bake it in a diſh with paſte at bottom. This may be made the day before 'tis uſed.

To make little Haſty-puddings, to boil in Cuſtard Diſhes.

TAKE a large pint of milk, put to it four ſpoonfuls of flour; mix it well together, and ſet it over the fire, and boil it into a ſmooth Haſty-pudding; ſweeten it to your taſte, grate nutmeg in it, and when 'tis almoſt cold, beat five eggs very well, and ſtir into it; then butter your cuſtard-cups, put in your ſtuff, and tie them over with a cloth, put them in the pot when the water boils, and let them boil ſomething more than half an hour; pour on them melted butter.

To make a ſweet-meat Pudding.

PUT a thin puff-paſte at the bottom of your diſh, then have of candied orange and lemon-peel, and citron, of each an ounce; ſlice them thin, and put them in the bottom on your paſte; then beat eight yolks of eggs, and two whites, near half a pound of ſugar, and half a pound of butter melted; mix and beat all well together, and when the oven is ready, pour it on your ſweet-meats in the diſh. An hour or leſs will bake it.

To make Carrot, or Parsnip Puffs.

SCRAPE and boil your Carrots and Parsnips tender; then scrape or mash them very fine, add to a pint of pulp the crumb of a penny-loaf grated, or some stale bisket, if you have it, some eggs, but four whites, a nutmeg grated, some orange-flower-water, sugar to your taste, a little sack, and mix it up with thick cream: they must be fry'd in rendered suet, the liquor very hot when you put them in; put in a good spoonful in a place.

To make New-Colledge *Puddings.*

GRATE a penny stale-loaf, and put to it a like quantity of Beef-suet finely shred, and a nutmeg grated, a little salt, some currants, and then beat some eggs in a little sack, and some sugar, and mix all together, and knead it as stiff as for manchet, and make it up in the form and size of a *Turkey*-egg, but a little flatter; then take a pound of butter, and put it in a dish, and set the dish over a clear fire in a chafing-dish, and rub your butter about the dish till 'tis melted; put your puddings in, and cover the dish, but often turn your puddings, until they are all brown alike, and when they are enough, scrape sugar over them, and serve them up hot for a side dish.

You must let the Paste lie a quarter of an hour before you make up your puddings.

To make an Oat-meal Pudding.

TAKE a pint of great oat-meal, beat it very small, then sift it fine; take a quart of cream, boil it and your Oat-meal together, stirring it all the while until 'tis pretty thick; then put it in a dish, and cover it close, and let it stand a little; then put into it a pound and half of fresh butter, and let it stand two hours before you stir it; put to it twelve eggs, a nutmeg grated, a little salt, sweeten it to your taste; a little sack, or orange-flower-water;

stir

ſtir all very well together, put paſte at the bottom of your diſh, and put in your Pudding-ſtuff, the oven not too hot; an hour will bake it.

To make fine Fritters.

TAKE half a pint of thick ſweet cream, put to it four eggs well beaten, a little brandy, ſome nutmeg and ginger; make this into a thick batter with flour: your apples muſt be golden-pippins pared and cut in thin ſlices, dip them in the batter, and fry them in lard. It will take up two pounds of lard to fry this quantity.

To make a Marrow Pudding.

TAKE a quart of cream, and three *Naples*-biſkets grated, a nutmeg grated, the yolks of ten eggs, the whites of five well beaten, and ſugar to your taſte; mix all well together, and put a little bit of butter in the bottom of your ſauce-pan; then put in your ſtuff, and ſet it over the fire, and ſtir it till 'tis pretty thick; then pour it into your pan, with a quarter of a pound of currants that have been plumpt in hot water; ſtir it together, and let it ſtand all night. The next day put ſome fine paſte rolled very thin at the bottom of your diſh, and when the oven is ready, pour in your ſtuff, and on the top lay large pieces of Marrow. Half an hour will bake it.

Lemon Pudding.

GRATE the peels of three large lemons only the yellow, then take two lemons more, and the three you have grated, and roul them under your hand on a table till they are very ſoft; but be careful not to break them; then cut and ſqueeze them, and ſtrain the juice from the ſeeds to the grated peels, then grate the crum of three half-penny loaves, (or ten ounces of crum, white loaves) into a baſon, and make a pint of white-

wine ſcalding hot, pour it to the bread and ſtir it well together to ſoak, then put to it the grated peel and juice; beat the yolks of eight eggs and four whites together, and mingle with the reſt barely three quarters of a pound of butter that is freſh and melted, and almoſt a pound of white ſugar, beat it well together till it be thoroughly mixt, then lay a ſheet of puff-paſte at the bottom and brim, cutting it into what form you pleaſe; the paſte that is left roul out, and with a jagging iron cut them out in little ſtripes, neither ſo broad or long as your little finger, and bake them on a flower'd paper; let the Pudding bake almoſt an hour, when it comes out of the oven ſtick the pieces of paſte on the top of it to ſerve it to table. It eats well hot or cold.

The Ipſwich *Almond Pudding.*

STEEP ſomewhat above three ounces of the crum of white bread, ſliced in a pint and half of cream, or grate the bread; then beat half a pound of blanched almonds very fine till they do not gliſter, with a ſmall quantity of perfum'd water, beat up the yolks of eight eggs and the whites of four; mix all well together, put in a quarter of a pound of white ſugar; then ſet it into the oven, but ſtir in a little melted butter before you ſet it in; let it bake but half an hour.

Oatmeal Pudding.

A Wine pint of Oatmeal pick'd from the blacks, a milk pint and a quarter of milk warmed; let it ſteep one night; three quarters of a pound of beef ſuet ſhred, one nutmeg, three ſpoonfuls of ſugar, a ſmall handful of flour, four eggs, and ſalt to your taſte; make two Puddings and boil them three hours; if the Oatmeal be too large, beat it, and if that make it into but one Pudding, boil it four hours.

To make a fine Bread Pudding.

TAKE three pints of milk and boil it; when 'tis boiled, ſweeten it with half a pound of ſugar, a ſmall nutmeg grated, and put in half a pound of butter; when 'tis melted, pour it in a pan, over eleven ounces of grated bread, cover it up. The next day put to it ten eggs well beaten, ſtir all together, and when the oven is hot, put it in your diſh; three quarters of an hour will bake it. Boil a bit of lemon-peel in the milk, take it out before you put your other things in.

To make a Spread-Eagle Pudding.

CUT off the cruſt of three half-penny rolls, then ſlice them into your pan; then ſet three pints of milk over the fire, make it ſcalding hot, but not boil; ſo put it over your bread, and cover it cloſe, and let it ſtand an hour; then put in a good ſpoonful of ſugar, a very little ſalt, a nutmeg grated, a pound of ſuet after 'tis ſhred, half a pound of currants waſhed and picked, four ſpoonfuls of cold milk, ten eggs, but five of the whites; and when all is in, ſtir it, but not till all is in; then mix it well, butter a diſh; leſs than an hour will bake it.

To make a very fine plain Pudding.

TAKE a quart of milk, and put in ſix laurel-leaves into it; when it has boiled a little, take out your leaves, and with fine flour make that milk into a haſty-pudding, pretty thick; then ſtir in half a pound of butter more, then a quarter of a pound of ſugar, a ſmall nutmeg grated, twelve yolks, ſix whites of eggs well beaten; mix and ſtir all well together, butter a diſh, and put in your ſtuff; a little more than half an hour will bake it.

A fine Rice Pudding.

TAKE of the flour of rice ſix ounces, put it in a quart of milk, and let it boil till 'tis pretty

pretty thick, ſtirring it all the while; then pour it in a pan, and ſtir in it half a pound of freſh butter, and a quarter of a pound of ſugar, or ſweeten it to your taſte; when 'tis cold, grate in a nutmeg, and beat ſix eggs, with a ſpoonful or two of ſack, and beat and ſtir all well together; put a little fine paſte at the bottom of your diſh, and bake it.

To make a Ratafia Pudding.

TAKE a quart of cream, boil it with four or five laurel-leaves; then take them out and break in half a pound of naples-biſket, half a pound of butter, ſome ſack, nutmeg and ſalt; take it off the fire, cover it up; when 'tis almoſt cold, put in two ounces of almonds blanched, and beaten fine, and the yolks of five eggs; mix all well together, and bake it in a moderate oven half an hour; ſcrape ſugar on it as it goes into the oven.

Vermicelly Pudding.

BOIL five ounces of Vermicelly in a quart of milk till 'tis tender, with a blade of mace, and a rind of lemon or Sevil-orange, ſweeten it to your taſte; the yolks of ſix eggs and four whites; have a diſh ready covered with paſte, and juſt before you ſet it into the oven, ſtir in half a pound of melted butter, a very little ſalt does well, if you have no peels put in a little orange-flower-water.

All Sorts of PASTRY.

To make a Tureiner.

TAKE a china pot or bowl, and fill it as follows: At the bottom lay ſome freſh butter; then put in three or four beef-ſteaks larded with bacon; then cut ſome veal-ſteaks from the leg;

leg; hack them, and waſh them over with the yolk of an egg, and afterwards lay it over with forc'd-meat, and roll it up, and lay it in with young chickens, pigeons and rabbets, ſome in quarters, ſome in halves; ſweet-breads, lamb-ſtones, cocks-combs, palates after they are boiled, peeled, and cut in ſlices: Tongues, either hogs or calves, ſliced, and ſome larded with bacon; whole yolks of hard eggs, piſtacia-nuts peeled, forced balls, ſome round, ſome like an olive, lemon ſliced, ſome with the rind on, barberries and oyſters: ſeaſon all theſe with pepper, ſalt, nutmeg, and ſweet-herbs, mix'd together after they are cut very ſmall, and ſtrew it on every thing as you put it in your pot: Then put in a quart of gravy, and ſome butter on the top, and cover it cloſe with a lid of puff-paſte, pretty thick. Eight hours will bake it.

A Batalia Pye, or Bride Pye.

TAKE young chickens as big as black-birds, quails, young partridges, and larks, and ſquab pigeons; truſs them, and put them in your pye; then have Ox-palates boiled, blanched, and cut in pieces, lamb-ſtones, ſweet-breads, cut in halves or quarters, cocks-combs blanched, a quart of oyſters dipt in eggs, and dredged over with grated bread, and marrow. Having ſo done, ſheeps-tongues boiled, peeled, and cut in ſlices; ſeaſon all with ſalt, pepper, cloves, mace, and nutmegs, beaten and mix'd together; put butter at the bottom of the pye, and place the reſt in with the yolks of hard eggs, knots of eggs, cocks-ſtones and treads, forc'd-meat balls; cover all with butter, and cover up the pye; put in five or ſix ſpoonfuls of water when it goes into the oven, and when 'tis drawn pour it out and put in Gravy.

To make an Oyſter Pye.

MAKE good puff-paſte, and lay a thin ſheet in the bottom of your pattipan; then take

two

two quarts of large Oyſters, waſh them well in their own liquor, and take them out of it and dry them, and ſeaſon them with ſalt and ſpice, and a little pepper, all beaten fine; lay ſome butter in the bottom of your pattipan, then lay in your Oyſters, and the yolks of twelve hard eggs whole, two or three ſweet-breads cut in ſlices, or lamb-ſtones, or in want of theſe a dozen of larks, two marrow-bones, the marrow taken out in lumps, dipt in the yolks of eggs, and ſeaſoned as you did your Oyſters and ſome grated bread duſted on it, and a few forc'd-meat balls: When all theſe are in, put ſome butter on the top, and cover it over with a ſheet of puff-paſte, and bake it: When 'tis drawn out of the oven, take the liquor of the Oyſters, and boil it and ſcum it, and beat it up thick with butter, and the yolks of two or three eggs, and pour it hot into your Pye, and ſhake it well together, and ſerve it hot.

To make a Salmon Pye.

MAKE a good puff-paſte, and lay it in your pattipan; then take the middle-piece of Salmon, ſeaſon it pretty high with pepper and ſalt, cloves and mace; cut it into three pieces, then lay a layer of butter, and a layer of Salmon, till all is in; make forc'd-meat balls of an eel, chop it fine, with the yolks of hard eggs, two or three anchovies, marrow, (or if for a faſting-day, butter) ſweet herbs, ſome grated bread, and a few oyſters and grated nutmeg, ſome ſmall pepper, and a little ſalt; make it up with raw eggs into balls, ſome long, ſome round, and lay them about your Salmon; put butter over all, and lid your Pye. An hour will bake it.

To make Egg Pyes.

TAKE the yolks of two dozen of Eggs boil'd hard, and chopp'd with double the quantity of beef-ſuet, and half a pound of pippins pared, cored, and ſliced; then add to it one pound of currants waſh'd

and

and dried, half a pound of ſugar, a little ſalt, ſome ſpice beaten fine, the juice of a lemon, and half a pint of ſack, candied orange and citron cut in pieces, of each three ounces, ſome lumps of marrow on the top, fill them full; the oven muſt not be too hot; three quarters of an hour will bake them; put the marrow only on them that are to be eaten hot.

To make a Sweet-bread Paſty to fry or bake.

PARBOIL your Sweetbreads, and ſhred them very fine, with an equal quantity of marrow; mix with them a little grated bread, ſome nutmeg, ſalt, the yolks of two hard eggs bruiſed ſmall, and ſugar; then mix up with a little cream and the yolk of an egg: Make paſte with half a pound of the fineſt flour, an ounce of double refin'd ſugar beat and ſifted, the yolks of two eggs, and white of one, and fair water; then roll in half a pound of butter, and roll it out in little Paſties the breadth of your hand; put your meat in, cloſe them up well, and fry or bake them. A very pretty ſide-diſh.

To make a Lumber Pye.

TAKE a pound and half of veal, parboil it, and when 'tis cold chop it very ſmall, with two pounds of beef-ſuet, and ſome candied orange-peel; ſome ſweet-herbs, as thyme, ſweet-marjoram, and an handful of ſpinage; mince the herbs ſmall before you put them to the other: So chop all together, and a pippin or two; then add a handful or two of grated bread, a pound and half of currants waſh'd and dried; ſome cloves, mace, nutmeg, a little ſalt, ſugar and ſack, and put to all theſe as many yolks of raw eggs, and whites of two, as will make it a moiſt forc'd-meat; work it with your hands into a body, and make it into balls as big as a turkey's egg; then having your coffin made, put in your balls. Take the marrow out of three or four bones as whole as you can: Let your marrow lie a little in water, to take out the blood and ſplinters; then dry it, and dip

it

it in yolk of eggs; season it with a little salt, nutmeg grated, and grated bread; lay it on and between your forc'd-meat-balls, and over that sliced citron, candied orange and lemon, eryngo-roots, preserved barberries; then lay on sliced lemon, and thin slices of butter over all; then lid your Pye, and bake it; and when 'tis drawn, have in readiness a caudle made of white-wine and sugar, and thicken'd with butter and eggs, and pour it hot into your Pye.

To make little Pasties to fry.

TAKE the kidney of a loin of veal or lamb, fat and all; shred it very small; season it with a little salt, cloves, mace, nutmegs, all beaten small, some sugar, and the yolks of two or three hard eggs, minced very fine: Mix all these together with a little sack or cream; put them in puff-paste, and fry them: Serve them hot.

To make Custards.

TAKE two quarts of thick sweet cream; boil it with some bits of cinamon, and a quartered nutmeg; keep it stirring all the while, and when it has boiled a little time, pour it into a pan to cool, and stir it till 'tis cool, to keep it from scumming; then beat the yolks of sixteen eggs, the whites of but six, and mix your eggs with the cream when 'tis cool, and sweeten it with fine sugar to your taste, put in a very little salt, and some rose or orange-flower-water; then strain all through a hair sieve, and fill your cups or crust. It must be a pretty quick oven; when they boil up they are enough.

To make Cheesecakes.

TAKE a pint of cream, and warm it, and put to it five quarts of milk warm from the cow; then put runnet to it, and when 'tis come, put the curd in a linnen bag or cloth, and let it drain well from the whey, but do not squeeze it much; then put it in a mortar, and break the curd as fine as butter;

butter; then put to your curd half a pound of almonds blanched, and beaten exceeding fine, (or half a pound of dry mackaroons beat very fine) if you have almonds, grate in a *Naples*-biſket; but if you uſe mackaroons, you need not; then add to it the yolks of nine eggs beaten, a whole nutmeg grated, two perfumed plumbs diſſolved in roſe or orange-flower-water, half a pound of fine ſugar, mix all well together; then melt a pound and quarter of butter, and ſtir it well in it, and half a pound of currants plump'd; ſo let it ſtand to cool till you uſe it.

Then make your puff-paſte thus: Take a pound of fine flour, and wet it with cold water, roll it out, and put into it by degrees a pound of freſh butter: Uſe it juſt as 'tis made.

Another Way to make Cheeſecakes.

TAKE a gallon of new milk, ſet it as for a Cheeſe, and gently whey it; then break it in a mortar, put to it the yolks of ſix eggs, four of the whites, ſweeten it to your taſte; put in a grated nutmeg, ſome roſe-water, and ſack; mix theſe together, and ſet over the fire a quart of cream, and make it into a haſty-pudding, and mix that with it very well, and fill your pattipans juſt as they are going into the oven. Your oven muſt be ready, that you may not ſtay for that; when they riſe well up, they are enough. Make your paſte thus:

Take about a pound of flout, and ſtrew into it three ſpoonfuls of loaf-ſugar beaten and ſifted, and rub into it a pound of butter, one egg, and a ſpoonful of roſe-water, the reſt cold fair water: Make it into a paſte, roll it very thin, and put it into your pans, and fill them almoſt full.

Paſte for Paſties.

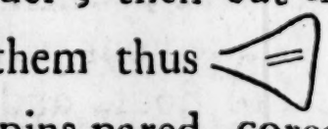
RUB ſix pounds of butter into fourteen pounds of flour; put to it eight eggs, whip the whites to ſnow, and make it in a pretty ſtiff paſte, with cold water.

To

To make Cheeſecakes without Runnet.

TAKE a quart of thick cream, and ſet it over a clear fire, with ſome quartered nutmeg in it; juſt as it boils up, put in twelve eggs well beaten, and a quarter of a pound of freſh butter; ſtir it a little while on the fire, till it begins to curdle; then take it off, and gather the curd as for cheeſe; put it in a clean cloth, tie it together, and hang it up that the whey may run from it; when 'tis pretty dry, put it in a ſtone mortar, with a pound of butter, a quarter of a pint of thick cream, ſome ſack and orange-flower-water, and half a pound of fine ſugar; then beat and grind all theſe very well together for an hour or more, till 'tis very fine; then paſs it through a hair ſieve, and fill your pattipans but half full. You may put currants in half the quantity, if you pleaſe: A little more than a quarter of an hour will bake them. Take the nutmeg out of the cream when 'tis boiled.

To make Orange or Lemon Tarts.

TAKE ſix large Lemons, and rub them very well with ſalt, and put them in water for two days, with a handful of ſalt in it; then change them into freſh water without ſalt every other day for a fortnight; then boil them for two or three hours till they are tender; then cut them in half quarters, and then cut them thus  as thin as you can; then take pippins pared, cored and quartered, and a pint of fair water; let them boil till the pippins break; put the liquor to your Orange or Lemon, and half the pippins well broken, and a pound of ſugar; boil theſe together a quarter of an hour; then put it in a gallipot, and ſqueeze an Orange in it, if it be Lemon; or a Lemon if 'tis Orange, two ſpoonfuls are enough for a Tart: Your pattipans muſt be ſmall and ſhallow; put fine puff-paſte, and very thin; a little while will bake it. Juſt as your

Tarts

Tarts are going into the oven, with a feather or bruſh do them over with melted butter, and then ſift double-refin'd ſugar on them, and this is a pretty icing on them.

To make Puff-paſte for Tarts.

RUB a quarter of a pound of butter into a pound of fine flour; then whip the whites of two eggs to ſnow, and with cold water and one yolk make it into a Paſte; then roll it abroad, and put in by degrees a pound of butter, flouring it over the butter every time, and roll it up, and roll it out again, and put in more butter: So do for ſix or ſeven times, till it has taken up all the pound of butter. This Paſte is good for tarts, or any ſmall things.

Apple Paſties to fry.

PARE and quarter Apples, and boil them in ſugar and water, and a ſtick of cinamon, and when tender, put in a little white-wine, the juice of a lemon, a piece of freſh butter, and a little ambergreaſe or orange-flower-water; ſtir all together, and when 'tis cold put it in puff-paſte, and fry them.

To ſeaſon and bake a Veniſon Paſty.

BONE your hanch or ſide of Veniſon, and take out all the ſinews and ſkin; then proportion it for your Paſty, by taking away from one part, and adding to another, till 'tis of an equal thickneſs; then ſeaſon it with pepper and ſalt, about an ounce of pepper; ſave a little of it whole, and beat the reſt, and mix with twice as much ſalt, and rub it all over your Veniſon, and let it lie till your paſte is ready. Make your paſte thus: A peck of fine flour, ſix pounds of butter, a dozen of eggs; rub your butter in your flour, beat your eggs, and with them and cold water make up your paſte pretty ſtiff; then drive it forth for your Paſty; let it be the thickneſs of a man's thumb; put under it two or three ſheets of cap-paper well floured: Then have

two pounds of beef-ſuet, ſhred exceeding fine; proportion it on the bottom to the breadth of your Veniſon, and leave a verge round your Veniſon three fingers broad, waſh that verge over with a bunch of feathers or bruſh dipp'd in an egg beaten, and then lay a border of your paſte on the place you waſh'd, and lay your Veniſon on the ſuet; put a little of your ſeaſoning on the top, and a few corns of whole pepper, and two pounds of very good freſh butter; then turn over your other ſheet of paſte, ſo cloſe your Paſty. Garniſh it on the top as you think fit; vent it in the middle, and ſet it in the oven. It will ask five or ſix hours baking. Then break all the bones, waſh them, and add to them more bones, or knuckles; ſeaſon them with pepper and ſalt, and put them with a quart of water, and half a pound of butter, in a pan or earthen pot; cover it over with coarſe paſte, and ſet it in with your Paſty; and when your Paſty is drawn and diſhed, fill it up with the gravy that came from the bones.

Balls for Lent.

GRATED white bread, nutmeg, ſalt, ſhred parſley, a very little thyme, and a little orange or lemon-peel cut ſmall; make them up into Balls with beaten eggs, or you may add a ſpoonful of cream; roll them up in flour, and fry them.

To keep Veniſon in Summer.

BEAT pepper very fine, and rub all over it.

Sauce for Roaſt Veniſon.

JELLY of currants melted and ſerv'd hot, with a lemon ſqueez'd into it.

A fine Potato Pye for Lent.

FIRST make your forc'd-meat, about two dozen of ſmall oyſters juſt ſcalded, and when cold chopt ſmall, a ſtale rowl grated, and ſix yolks of

eggs boil'd hard, and bruis'd ſmall with the back of a ſpoon; ſeaſon with a little ſalt, pepper, and nutmeg, ſome thyme and parſley, both ſhred ſmall; mix theſe together well, and pound them a little, and make it up in a ſtiff paſte, with half a pound of butter and an egg work'd in it; juſt flour it to keep it from ſticking, and lay it by till your Pye is fit, and put a very thin paſte in your diſh, bottom and ſides; then put your forc'd-meat, of an equal thickneſs, about two fingers broad, about the ſides of your diſh, as you would do a pudding-cruſt; duſt a little flour on it, and put it down cloſe; then fill your Pye, a dozen of Potato's, about the bigneſs of a ſmall egg, finely pared, juſt boiled a walm or two, a dozen yolks of eggs boil'd hard, a quarter of a hundred of large oyſters juſt ſcalded in their own liquor and cold, ſix morels, four or five blades of mace, ſome whole pepper, and a little ſalt butter on the bottom and top; then lid your Pye, and bake it an hour; when 'tis drawn, pour in a caudle made with half a pint of your oyſter liquor, three or four ſpoonfuls of white-wine, and thicken'd up with butter and eggs, pour it in hot at the hole on the top, and ſhake it together, and ſerve it.

Artificial Potatoes for Lent: *A Side-Diſh; Second Courſe.*

TAKE a pound of butter, put it into a ſtone mortar with half a pound of *Naples*-biſket grated, and half a pound of *Jordan* almonds beat ſmall after they are blanched, eight yolks of eggs, four whites, a little ſack and orange-flower-water; ſweeten to your taſte; pound all together till you don't know what it is, and with a little fine flour make it into a ſtiff paſte, lay it on a table, and have ready about two pounds of fine lard in your pan, let it boil very faſt, and cut your paſte the bigneſs of cheſnuts, and throw them into the boiling lard, and let them boil till they are of a yellow brown; and when they are enough, take them up in a ſieve

to drain the fat from them ; put them in a diſh, pour ſack, and melted butter ; ſtrew double-refin'd ſugar over the brim of the diſh.

Potato, or Lemon Cheeſecakes.

TAKE ſix ounces of Potatoes, four ounces of lemon-peel, four ounces of ſugar, four ounces of butter ; boil the Lemon-peel till tender, pare and ſcrape the Potatoes, and boil them tender and bruiſe them ; beat the Lemon-peel with the ſugar, then beat all together very well, and melt the butter in a little thick cream, and mix all together very well, and let it lie till cold : Put cruſt in your pattipans, and fill them little more than half full : Bake them in a quick oven half an hour, ſift ſome double-refin'd ſugar on them as they go into the oven ; this quantity will make a dozen ſmall pattipans.

Sauce for Fiſh in Lent, *or at any Time.*

TAKE a little thyme, horſe-radiſh, a bit of onion, lemon-peel, and whole pepper ; boil them a little in fair water ; then put in two anchovies, and four ſpoonfuls of white-wine ; then ſtrain them out, and put the liquor into the ſame pan again, with a pound of freſh butter ; and when 'tis melted take it off the fire, and ſtir in the yolks of two eggs well beaten, with three ſpoonfuls of white-wine ; ſet it on the fire again, and keep it ſtirring till 'tis the thickneſs of cream, and pour it hot over your Fiſh. Garniſh with lemon and horſe-radiſh.

To make a ſavoury Lamb Pye.

SEASON your Lamb with pepper, ſalt, cloves, mace, and nutmeg : So put it into your coffin with a few Lamb-ſtones, and ſweet-breads ſeaſoned as your Lamb ; alſo ſome large oyſters, and ſavoury forc'd-meat balls, hard yolks of eggs, and the tops of aſparagus two inches long, firſt boiled green ; then put butter all over the Pye, and lid it, and ſet it in a quick oven an hour and half ; then make the

liquor

liquor with oyſter-liquor, as much gravy, a little claret, with one anchovy in it, a grated nutmeg. Let theſe have a boil, thicken it with the yolks of two or three eggs, and when the pye is drawn, pour it in hot.

To make a ſweet Lamb Pye.

CUT your Lamb into ſmall pieces, and ſeaſon it with a little ſalt, cloves, mace, and nutmeg; your pye being made, put in your lamb or veal; ſtrew on it ſome ſtoned raiſins and currants, and ſome ſugar; then lay on it ſome forc'd-meat balls made ſweet, and in the ſummer ſome artichoke bottoms boiled, and ſcalded Grapes in the winter. Boil *Spaniſh* potatoes cut in pieces; candied citron, candied orange and lemon-peel, and three or four large blades of mace; put butter on the top; cloſe up your Pye, and bake it. Make the caudle of white-wine, juice of lemon and ſugar: Thicken it with the yolks of two or three eggs, and a bit of butter; and when your Pye is baked, pour in the caudle as hot as you can, and ſhake it well in the Pye, and ſerve it up.

A ſweet Chicken Pye.

TAKE five or ſix ſmall chickens, pick, draw, and truſs them for baking; ſeaſon them with cloves, mace, nutmeg, cinamon, and a little ſalt; wrap up ſome of the ſeaſoning in butter, and put it in their bellies; and your coffin being made, put them in; put over and between them pieces of marrow, *Spaniſh* potatoes, and cheſnuts, both boiled, peeled, and cut, a handful of barberries ſtript, a lemon ſliced, ſome butter on the top; ſo cloſe up the Pye and bake it, and have in readineſs a caudle made of white-wine, ſugar, nutmeg, beat it up with yolks of eggs and butter; have a care it does not curdle; pour the caudle in, ſhake it well together, and ſerve it up hot.

Another Chicken Pye.

SEaſon your Chickens with pepper, ſalt, cloves, mace, nutmeg, a little ſhred parſley, and thyme, mix'd with the other ſeaſoning; wrap up ſome in butter, and put in the bellies of the chickens, and lay them in your Pye; ſtrew over them lemon cut like dice; a handful of ſcalded grapes, artichoke-bottoms in quarters: So put butter on it, and cloſe it up; when 'tis baked, put in a lear of gravy, with a little white-wine, a grated nutmeg, thicken it up with butter, and two or three eggs; ſhake it well together, ſerve it up hot.

To make an Olio Pye.

MAKE your Pye ready; then take the thin Collops of the but-end of a leg of veal; as many as you think will fill your Pye; hack them with the back of a knife, and ſeaſon them with pepper, ſalt, cloves, and mace; waſh over your collops with a bunch of feathers dipped in eggs, and have in readineſs a good handful of ſweet-herbs ſhred ſmall; the herbs muſt be thyme, parſley, and ſpinage; and the yolks of eight hard eggs, minced, and a few oyſters parboiled and chopt; ſome Beef-ſuet ſhred very fine. Mix theſe together, and ſtrew them over your collops, and ſprinkle a little orange-flower-water on them, and roll the collops up very cloſe, and lay them in your Pye, ſtrewing the ſeaſoning that is left over them; put butter on the top, and cloſe up your Pye; when 'tis drawn, put in gravy, and one anchovy diſſolved in it, and pour it in very hot: And you may put in artichoke-bottoms and cheſnuts, if you pleaſe, or ſliced lemon, or grapes ſcalded, or what elſe is in ſeaſon; but if you will make it a right ſavoury Pye leave them out,

To make a Florendine of Veal.

TAKE the kidney of a Loin of Veal, fat and all, and mince it very fine; then chop a few herbs, and put to it, and add a few currants; ſeaſon it with cloves, mace, nutmeg, and a little ſalt; and put in ſome yolks of eggs, and a handful of grated bread, a pippin or two chopp'd, ſome candied lemon peel minced ſmall, ſome ſack, ſugar, and orange-flower-water. Put a ſheet of puff-paſte at the bottom of your diſh; put this in, and cover it with another; cloſe it up, and when 'tis baked, ſcrape ſugar on it; and ſerve it hot.

Another Made Diſh.

TAKE half a pound of almonds, blanch and beat them very fine; put to them a little roſe or orange-flower-water in the beating; then take a quart of ſweet thick cream, and boil it with whole cinamon, and mace, and quartered dates; ſweeten your cream with ſugar to your taſte, and mix it with your almonds, and ſtir it well together, and ſtrain it out through a ſieve. Let your cream cool, and thicken it with the yolks of ſix eggs; then garniſh the deep diſh, and lay paſte at the bottom, and then put in ſliced artichoke-bottoms, being firſt boiled, and upon that a layer of marrow, ſliced citron, and candied orange; ſo do till your Diſh is near full; then pour in your cream, ſo bake it without a lid; when 'tis baked, ſcrape ſugar on it, and ſerve it up hot. Half an hour will bake it.

To make an Artichoke Pye.

BOIL the bottoms of eight or ten Artichokes; ſcrape and make them clean from the core; cut each of them into ſix parts; ſeaſon them with cinamon, nutmeg, ſugar, and a little ſalt; then lay your Artichokes in your Pye. Take the marrow of four or five bones, dip your marrow in yolks of eggs and grated bread, and ſeaſon it as you did your

Artichokes, and lay it on the top and between your Artichokes; then lay on ſliced lemon, barberries, and large mace; put butter on the top, and cloſe up your Pye; then make your lear of white-wine, ſack, and ſugar; thicken it with yolks of eggs, and a bit of butter; when your Pye is drawn, pour it in, ſhake it together, and ſerve it hot.

To make a Skirret Pye.

BOIL your biggeſt Skirrets, and blanch them, and ſeaſon them with cinamon, nutmeg, and a very little ginger and ſugar. Your Pye being ready, lay in your Skirrets; ſeaſon alſo the marrow of three or four bones with cinamon, ſugar, a little ſalt and grated bread. Lay the marrow in your Pye, and the yolks of twelve hard eggs cut in halves, a handful of cheſnuts boiled and blanched, and ſome candied orange-peel in ſlices. Lay butter on the top, and lid your Pye. Let your caudle be white-wine, verjuice, ſome ſack and ſugar; thicken it with the yolks of eggs, and when the Pye is baked, pour it in, and ſerve it hot. Scrape ſugar on it.

To make a Turbot Pye.

GUT, and waſh, and boil your Turbot, then ſeaſon it with a little pepper and ſalt, cloves, mace, and nutmeg, ſweet-herbs ſhred fine; then lay it in your Pye, or pattipan, with the yolks of ſix eggs boiled hard; a whole onion, which muſt be taken out when 'tis baked. Put two pounds of freſh butter on the top; cloſe it up; when 'tis drawn, ſerve it hot or cold: 'Tis good either way.

To make a Chervil or Spinage Tart.

SHRED a gallon of Spinage or Chervil very ſmall; put to it half a pound of melted butter, the meat of three lemons picked from the ſkins and ſeeds; the rind of two lemons grated, a pound of ſugar; put this in a diſh or pattipan with puff-paſte on the bottom and top, and ſo bake it; when 'tis baked,

baked, cut off the lid, and put cream or custard over it as you do codlin tarts. Scrape sugar over it; serve it cold. This is good among other Tarts in the winter for variety.

To make Lemon Cheesecakes.

TAKE the peel of two large lemons, boil it very tender; then pound it well in a mortar, with a quarter of a pound or more of loaf-sugar, the yolks of six eggs, and half a pound of fresh butter; pound and mix all well together, and fill the pattipans but half full; Orange Cheesecakes are done the same way; only you must boil the peel in two or three waters to take out the bitterness.

A Fish Pye.

TAKE of Sole, or thick Flounders, gut and wash them, and just put them in scalding water to get off the black skin; then cut them in scollops or indented, so that they will join and lie in the Pye, as if they were whole. Have your pattipan in readiness with puff-paste in the bottom, and a layer of butter on it; then season your Fish with a little pepper and salt, cloves, mace, and nutmeg, and lay it in your pattipan, joining the pieces together, as if the Fish had not been cut; then put in forc'd-balls made with Fish, slices of lemon with the rind on, whole oysters, whole yolks of hard eggs, and pickled barberries; then lid your Pye and bake it; when 'tis drawn, make a caudle of oyster-liquor and white-wine thicken'd up with yolks of eggs and a bit of butter; serve it hot.

To make Marrow Pasties.

MAKE your little Pasties the length of a finger, and as broad as two fingers; put in large pieces of marrow dipped in eggs, and seasoned with sugar, cloves, mace, and nutmeg; strew a few currants on the marrow. Bake or fry them.

To make Mince-pyes of Veal.

FROM a Leg of Veal cut off four pounds of the fleſhy part in thick pieces, and put them in ſcalding water, and let it juſt boil; then cut the meat in ſmall thin pieces and ſkin it: It muſt be four pounds after 'tis ſcalded and ſkinned; to this quantity put nine pounds of beef-ſuet well ſkinned, and ſhred them very well and fine with eight pippins pared and cored, and four pounds of raiſins of the ſun ſtoned; when 'tis ſhred very fine, put it in a large pan or on a table to mix, and put to it one ounce of nutmegs grated, half an ounce of cloves, as much mace, a large ſpoonful of ſalt, above a pound of ſugar, the peel of a lemon ſhred exceeding fine; when you have ſeaſoned it to your palate, put in ſeven pounds of currants, and two pounds of raiſins ſtoned and ſhred. When you fill your Pies, put into every one ſome ſhred lemon with its juice, ſome candied lemon-peel and citron in ſlices, and juſt as the Pies go into the oven, put into every one a ſpoonful of ſack and a ſpoonful of claret, ſo bake them.

To make buttered Loaves to eat hot.

TAKE eleven yolks of eggs beat well, five ſpoonfuls of cream, and a good ſpoonful of ale-yeaſt; ſtir all theſe together with flour till it comes to a little paſte, not too ſtiff; work it well, cover it with a cloth. Lay it before the fire to riſe a quarter of an hour; when 'tis well riſen, make it in a roll, and cut in five pieces, and make them into Loaves, and flat them down a little, or they will riſe too much; put them into an oven as hot as for manchet, and when they are taken out of the oven, have at leaſt a pound of butter beaten with roſe-water and ſugar to your taſte. Cut all the Loaves open at the top, and pour the butter in them, and ſerve them hot to table.

To make Cheesecakes.

TAKE a pound of potatoes, when they are boil'd and peel'd beat them fine, put to them twelve eggs, six whites; then melt a pound of butter and stir it in, grate half a nutmeg: you must sweeten it to your palate with double refin'd sugar, then put a piece of puff-paste round the edges of the dish; it must not be over-baked, when the crust is enough draw it.

Another.

TAKE four quarts of new milk and rennet very cold, and when it is come to a curd and whey, gently then take half a pound of butter and rub it to the curd; then boil a pint of cream with a blade of mace and cinamon, and as much grated *Naple*-bisket, as will make it of the thickness of a pancake-batter, and when it is almost cold put it to your curd; then put in a spoonful or two of sack, and as many currants as you like, and put them into a puff-paste.

To make Cheesecakes without Curd.

BEAT two eggs very well, then put as much flour as will make them thick; then beat three eggs more very well, and put to the other, with a pint of cream and half a pound of butter; set it over the fire, and when it boils put in your two eggs and flour, and stir them well, and let them boil till they be pretty thick, then take it off the fire, and season it with sugar, a little salt, and nutmeg, put in currants, and bake them in pattipans, as you do others.

To make a Cabbage Lettuce-Pye.

TAKE some of the largest and hardest Cabbage-Lettuce you can get, boil them in salt and water till they are tender, then lay them in a Colander to drain dry, then have your Paste laid in your Pattipan ready, and lay butter on the bottom; then

then lay in your Lettuce, and ſome Artichoke-bottoms, and ſome large pieces of marrow, and the yolks of 8 hard eggs, and ſome ſcalded Sorrel; bake it, and when it comes out of the oven cut open the lid, and pour in a caudle made with white-wine and ſugar, and thicken'd with eggs; ſo ſerve it hot.

To make the light Wigs.

TAKE a pound and half of flour, and half a pint of milk made warm, mix theſe together, and cover it up, and let it lie by the fire half an hour; then take half a pound of ſugar and half a pound of butter, then work theſe in the paſte, and mkke it into wigs, with as little flour as poſſible; let the oven be pretty quick, and they will riſe very much.

To make little Plumb-cakes.

TAKE two pounds of flour dry'd in the oven, and half a pound of ſugar finely powder'd, 4 yolks of eggs, two whites, half a pound of butter waſh'd with roſe-water, 6 ſpoonfuls of cream warmed, a pound and half of currants unwaſh'd, but pick'd and rubb'd very clean in a cloth; mix all together and make them up in cakes, and bake them up in an oven almoſt as hot as for manchet; let them ſtand half an hour till they be colour'd on both ſides; then take down the oven-lid, and let them ſtand a little to ſoak.

To make Puff-paſte.

TO a peck of flour you muſt have three quarters the weight in butter; dry your flour well, and lay it on a table; make a hole, and put in it a dozen whites of eggs well beaten, but firſt break into it a third part of your butter, then with water make up your paſte, then roll it out, and by degrees put in the reſt of your butter.

To make a Hare Pye.

SKIN your Hare, waſh her and dry her, and bone her; ſeaſon the fleſh with pepper, ſalt, and ſpice, and beat it fine in a ſtone mortar. Do a young pig at the ſame time and in the ſame manner; then make your pye, and lay a layer of pig and a layer of Hare till it is full; put butter at the bottom and on the top; bake three hours. It is good hot or cold.

Another.

BONE your Hare as whole as you can, then lard it with the fat of dry'd Bacon, firſt dipt in vinegar and pepper, then ſeaſon it with pepper and ſalt, a little mace, and a clove or two; put it into a diſh with puff-paſte, and have in readineſs gravy or ſtrong broth made with the bones, and put it in juſt as you ſet it in the oven; and when it comes out, pour in ſome butter melted with ſtrong broth and wine; but before you pour it in, taſte how the pye is ſeaſon'd; and if it wants, you may ſeaſon the liquor accordingly; if you pleaſe you may lay ſlices of butter upon the Hare before it goes into the oven, which I think beſt, inſtead of the melted butter. After, a glaſs of claret does well, juſt before you ſerve it. To 7 pound of lean veniſon, without bones, put 2 ounces and a half of ſalt, and half an ounce of pepper, to ſeaſon this in proportion. Some chuſe to put in the legs and wings with the bones, divide them at every joint, and take the bones of the body, only cracking the other bones in the limbs.

To ice Tarts.

TAKE a little yolk of egg and melted butter, beat it very well together, and with a feather waſh over your tarts, and ſift ſugar on them juſt as you put them in the oven.

To make an Olio Pye.

TAKE a fillet of veal, cut it in large thin ſlices, and beat it with a rolling-pin; have ready ſome forc'd-meat made with veal and ſuet, grated bread, grated lemon-peel, ſome nutmeg, the yolks of two or three hard eggs; ſpread the forc'd-meat all over your collops, and roll them up, and place them in your pye, with yolks of hard eggs, lumps of marrow, and ſome water; ſo lid it, and bake it; and when it is bak'd put in a caudle of ſtrong gravy, white-wine and butter.

To make very good Wigs.

TAKE a quarter of a peck of the fineſt flour, rub into it three quarters of a pound of freſh butter, till it is like grated bread, ſomething more than half a pound of ſugar, half a nutmeg, and half a race of ginger grated; three eggs, yolks and whites beaten very well, and put to them half a pint of thick Ale-yeaſt, and 3 or 4 ſpoonfuls of ſack; make a hole in your flour, and pour in your yeaſt and eggs, and as much milk juſt warm as will make it into a light paſte; let it ſtand before the fire to riſe half an hour, then make it into a dozen and half of Wigs; waſh them over with eggs juſt as they go into the oven; a quick oven and half an hour will bake them.

To make Almond Cheeſecakes.

TAKE a good handful or more of Almonds, blanch them in warm water, and throw them in cold; pound them fine, and in the pounding put a little ſack, or orange-flower-water, to keep them from oiling; then put to your Almonds the yolks of two hard eggs, and beat them together; beat the yolks of ſix eggs, the whites of three, and mix with your almonds, and half a pound of butter melted, and ſugar to your taſte; mix all well together, and uſe it as other cheeſecake-ſtuff.

To make a Lumber Pye.

PArboil the umbles of a Deer, clear all the fat from them, and put more than their weight in beef-ſuet, and ſhred it together very ſmall; then put to it half a pound of ſugar, and ſeaſon with cloves, mace, nutmeg, ſalt, to your taſte; and put in a pint of ſack, and half as much claret, and two pounds of currants waſh'd and pick'd; mix all well together, and bake it in puff or other paſte.

To make Lemon Cheeſecakes.

TAKE two large lemons, grate off the peel of both, and ſqueeze out the juice of one; add to it half a pound of fine ſugar, twelve yolks of eggs, eight whites well beaten; then melt half a pound of butter in 4 or 5 ſpoonfuls of cream; then ſtir it all together and ſet it over the fire, ſtirring it till it begins to be pretty thick; then take it off, and when 'tis cold fill your pattipans little more than half full; put a fine paſte very thin at the bottom of the pattipans. Half an hour with a quick oven will bake them.

To make Cream Cheeſe with old Cheſhire.

TAKE a pound and half of old *Cheſhire* Cheeſe, ſhave it all very thin, then put it in a mortar, and add to it a quarter of an ounce of mace beaten fine and ſifted, half a pound of freſh butter, and a glaſs of ſack; mix and beat all theſe together till they are perfectly incorporated, then put it in a Pot, what thickneſs you pleaſe, and cut it out in ſlices for cream cheeſe, and ſerve it with the deſert.

All Sorts of CAKES.

To make a rich great Cake.

TAKE a peck of flour well dried, an ounce of cloves and mace, half an ounce of nutmegs, as much cinamon; beat the ſpice well, and mix 'em with your flour, and a pound and half of ſugar, and a little ſalt, and 13 pounds of currants well waſh'd, pick'd and dry'd, and three pounds of raiſins ſtoned and cut into ſmall pieces, mix all theſe well together; then make five pints of cream almoſt ſcalding hot, and put into it 4 pounds of freſh butter; then beat the yolks of 20 eggs, three pints of good ale-yeaſt, a pint of ſack, a quarter of a pint of orange-flour-water, three grains of muſk, and ſix grains of ambergreaſe; mix theſe together, and ſtir them into your cream and butter; then mix all in the cake, and ſet it an hour before the fire to riſe, before you put it into your hoop; mix your ſweet-meats in it, two pounds of citron, and one pound of candied orange and lemon-peel, cut in ſmall pieces: you muſt bake it in a deep hoop; butter the ſides, and put two papers at the bottom, and flour it, and put in your cake; it muſt have a quick oven, four hours will bake it; when it is drawn, ice it over the tops and ſides. Take two pounds of double-refin'd ſugar beat and ſifted, and the whites of ſix eggs beaten to a froth, with three or four ſpoonfuls of orange-flower-water, and three grains of muſk and amber-greaſe together; put all theſe in a ſtone mortar, and beat them with a wooden peſtle till it is as white as ſnow, and with a bruſh or bunch of feathers ſpread it all over the cake, and put it in the oven to dry, but take care the oven does not diſcolour it; when it is cold paper it; it will keep good 5 or 6 weeks.

A Plumb-

A Plumb-Cake.

TAKE six pounds of currants, five pounds of flour, an ounce of cloves and mace, a little cinamon, half an ounce of nutmegs, half a pound of pounded and blanched almonds, half a pound of sugar, three quarters of a pound of sliced citron, lemon and orange-peel, half a pint of sack, a little honey-water, and a quart of ale-yeast, a quart of cream, a pound and half of butter melted and poured into the middle thereof; then strew a little flour thereon, and let it lie to rise; then work it well together, and lay it before the fire to rise; then work it up till it is very smooth; then put it in an hoop, with a paper floured at the bottom.

A good Seed-Cake.

TAKE five pounds of fine flour well dry'd, and four pounds of single refined sugar beaten and sifted, mix the sugar and flour together, and sift them thro' a hair-sieve; then wash four pounds of butter in eight spoonfuls of rose or orange-flower-water; you must work the butter with your hand till it is like cream; beat 20 eggs, half the whites, and put to them six spoonfuls of sack: then put in your flour, a little at a time, keeping stirring with your hand all the time; you must not begin mixing it till the oven is almost hot; you must let it lie a little while before you put your cake into the hoop; when you are ready to put it into the oven, put into it eight ounces of candied orange-peel sliced, and as much citron, and a pound and half of carraway-comfits; mix all well together, and put it in the hoop, which must be prepared at bottom, and butter'd; the oven must be quick; it will take two or three hours baking; you may ice it if you please.

Another Seed Cake.

TAKE ſeven pounds of fine flour well dried, and mix with it a pound of ſugar beaten and ſifted, and three nutmegs grated; and rub three pounds of butter into the flour; then beat the yolks of eight eggs, the whites of but four, and mix with them a little roſe-water, and a quart of cream blood warm, and a quart of ale-yeaſt, and a little ſalt; ſtrain all into your flour, and put a pint of ſack in with it, and make up your Cake, and put it into a buttered cloth, and lay it half an hour before the fire to riſe; the mean while fit your paper, and butter your hoop; then take a pound and three quarters of biſket-comfit, and a pound and half of citron cut in ſmall pieces, and mix theſe in your Cake, and put into your hoop, run a knife croſs down to the bottom; a quick oven, and near three hours will bake it.

Another.

DRY two pound of flour, then put two pound of butter into it; beat ten eggs, leave out half the whites; then put to them eight ſpoonfuls of cream, ſix of ale-yeaſt, run it thro' a ſieve, into the batter, and work them well together, and lay it a quarter of an hour before the fire; then work into it a pound of rough carraways; leſs than an hour bakes it.

A Plumb Cake.

TAKE five pound of fine flour, and put to it half a pound of ſugar; and of nutmegs, cloves, and mace finely beaten, of each half an ounce, and a little ſalt, mix theſe well together; then take a quart of cream, let it boil, and take it off, and cut into it three pound of freſh butter, let it ſtand till 'tis melted, and when 'tis blood warm, mix with it a quart of ale-yeaſt, and a pint of ſack, and twenty eggs, ten whites well beaten; put ſix pound of currants

rants to your flour, and make a hole in the middle, and pour in the milk and other things, and make up your Cake, mixing it well with your hands; cover it warm, and ſet it before the fire to riſe for half an hour; then put it in the hoop; if the oven be hot, two hours will bake it; the oven muſt be quick; you may perfume it with ambergreaſe, or put ſweet-meats in it if you pleaſe. Ice it when cold, and paper it up.

An ordinary Cake to eat with Butter.

TAKE two pound of flour, and rub into it half a pound of butter; then put to it ſome ſpice, a little ſalt, a quarter and half of ſugar, and half a pound of raiſins ſtoned, and half a pound of currants; make theſe into a Cake, with half a pint of ale-yeaſt, and four eggs, and as much warm milk as you ſee convenient; mix it well together, an hour and half will bake it. This Cake is good to eat with butter for breakfaſts.

A French *Cake to eat hot.*

TAKE a dozen of eggs, and a quart of cream, and as much flour as will make it into a thick batter; put to it a pound of melted butter, half a pint of ſack, one nutmeg grated, mix it well, and let it ſtand three or four hours; then bake it in a quick oven, and when you take it out, ſlit it in two, and pour a pound of butter on it melted with roſe-water; cover it with the other half, and ſerve it up hot.

To make Portugal *Cakes.*

TAKE a pound and quarter of fine flour well dried, and break a pound of butter iuto the flour, and rub it in, add a pound of loaf-ſugar beaten and ſifted, a nutmeg grated, four perfumed plumbs, or ſome ambergreaſe, mix theſe well together, and beat ſeven eggs, but four whites, with three ſpoonfuls of orange-flower-water; mix all

theſe together, and beat them up an hour; butter your little pans, and juſt as they are going into the oven, fill them half full, and ſearce ſome fine ſugar over them; little more than a quarter of an hour will bake them. You may put a handful of currants into ſome of them; take them out of the pans as ſoon as they are drawn, keep them dry, they will keep good three months.

To make Jumbals.

TAKE the whites of three eggs, beat them well, and take off the froth; then take a little milk, and a little flour, near a pound, as much ſugar ſifted, and a few carraway-ſeeds beaten very fine; work all theſe in a very ſtiff paſte, and make them into what form you pleaſe: Bake them on white paper.

To make March-pane.

TAKE a pound of *Jordan* almonds, blanch and beat them in a marble mortar very fine; then put to them three quarters of a pound of double-refin'd ſugar, and beat them with a few drops of orange-flower-water; beat all together till 'tis a very good Paſte, then roll it into what ſhape you pleaſe; duſt a little fine ſugar under it as you roll it to keep it from ſticking. To ice it, ſearce double-refined ſugar as fine as flour, wet it with roſe-water, and mix it well together, and with a bruſh or bunch of feathers ſpread it over your March-pane: Bake them in an oven that is not too hot; put wafer-paper at the bottom, and white paper under that, ſo keep them for uſe.

To make Almond Puffs.

TAKE half a pound of *Jordan* almonds, blanch and beat them very fine with three or four ſpoonfuls of roſe-water; then take half an ounce of the fineſt gum-dragant ſteeped in roſe-water three or four days before you uſe it, then put it to the almonds,

monde, and beat it together; then take three quarters of a pound of double refin'd ſugar beaten and ſifted, and a little fine flour, and put to it; roll it in what ſhape you pleaſe; lay them on white paper, and put them in an oven gently hot, and when they are baked enough, take them off the papers, and put them on a ſieve to dry in the oven, when 'tis almoſt cold.

To make Biskets.

TAKE a pound of loaf-ſugar beaten and ſifted, and half a pound of almonds blanch'd and beat in a mortar, with the whites of five or ſix eggs; put your ſugar in a baſon, with the yolks of five eggs, when they are both mingled, ſtrew in your almonds, then put in a quarter of a pound of flour, and fill your pans faſt; butter them, then put them into the oven; ſtrew ſugar over them, bake them quick, and then turn them on a paper, and put them again into the oven to harden.

To make little hollow Biskets.

BEAT ſix eggs very well with a ſpoonful of roſe-water, then put in a pound and two ounces of loaf-ſugar beaten and ſifted; ſtir it together till 'tis well mixed in the eggs; then put in as much flour as will make it thick enough to lay out in drops upon ſheets of white paper; ſtir it well together till you are ready to drop it on your paper; then beat a little very fine ſugar and put into a lawn ſieve, and ſift ſome on them juſt as they are going into the oven; ſo bake them, the oven muſt not be too hot, and as ſoon as they are baked, whilſt they are hot, pull off the papers from them, and put them in a ſieve, and ſet them in an oven to dry; keep them in boxes with papers between.

To make Wigs.

TAKE two pound of flour, and a quarter of a pound of butter, as much ſugar, a nutmeg

grated, a little cloves and mace, and a quarter of an ounce of carraway-ſeeds, cream and yeaſt as much as will make it up into a pretty light paſte; make 'em up, and ſet them by the fire to riſe till the oven be ready; they will quickly be baked.

To make Ginger-bread.

TAKE a pound and half of *London* treacle, two eggs beaten, half a pound of brown ſugar, one ounce of ginger beaten and ſifted; of cloves, mace and nutmegs all together half an ounce, beaten very fine, coriander-ſeeds and carraway-ſeeds of each half an ounce, two pound of butter melted; mix all theſe together, with as much flour as will knead it into a pretty ſtiff paſte; then roll it out, and cut it into what form you pleaſe; bake it in a quick oven on tin-plates; a little time will bake it.

Another ſort of Gingerbread.

TAKE half a pound of almonds, blanch and beat them till they have done ſhining; beat them with a ſpoonful or two of orange-flower-water, put in half an ounce of beaten ginger, and a quarter of an ounce of cinamon powdered; work it to a paſte with double-refined ſugar beaten and ſifted; then roll it out, and lay it on papers to dry in an oven after pyes are drawn.

Another.

TO one pound of flour, three quarters of a pound of ſugar, and an ounce of nutmegs, ginger and cinnamon together beaten and ſifted; a quarter of a pound of candy'd orange-peels or freſh peel cut in ſmall ſtripes; two ounces of ſweeet butter rubb'd in the flour; take the yolks of two eggs, beat with eight ſpoonfuls of ſack, and ſix of yeaſt, make it up in a ſtiff paſte; roll it thin, and cut it with a glaſs; bake them, and keep them dry.

To make Dutch *Gingerbread.*

TAKE four pounds of flour, and mix with it two ounces and half of beaten ginger, then rub in a quarter of a pound of butter, and add to it 2 ounces of carraway-ſeeds, 2 ounces of orange-peel dry'd and rubb'd to powder, a few coriander-ſeeds bruiſed, two eggs, then mix all up in a ſtiff paſte with 2 pound and a quarter of treacle; beat it very well with a rolling-pin, and make it up into 30 cakes; put in a candied citron; prick them with a fork; butter papers three double, one white, and two brown; waſh them over with the white of an egg; put 'em into an oven not too hot for 3 quarters of an hour.

To make Buns.

TAKE two pounds of fine flour, a pint of ale-yeaſt, put a little ſack in the yeaſt and three eggs beaten, knead all theſe together with a little warm milk, a little nutmeg, and a little ſalt; then lay it before the fire till it riſe very light; then knead in a pound of freſh butter, and a pound of round carraway-comfits, and bake them in a quick oven on floured papers in what ſhape you pleaſe.

To make French *Bread.*

TAKE half a peck of fine flour, put to it ſix yolks of eggs, and four whites, a little ſalt, a pint of good ale-yeaſt, and as much new milk, made a little warm, as will make it a thin light paſte; ſtir it about with your hand, but by no means knead it; then have ready ſix wooden quart diſhes, and fill them with dough; let them ſtand a quarter of an hour to heave, and then turn them out into the oven; and when they are bak'd, raſp them: the oven muſt be quick.

To make Wigs.

TAKE three pounds and a half of flour, and three quarters of a pound of butter, and rub it into the flour till none of it be ſeen; then take a pint or more of new milk and make it very warm, and half a pint of new ale-yeaſt, then make it into a light paſte; put in carraway-ſeeds, and what ſpice you pleaſe; then make it up, and lay it before the fire to riſe; then work in three quarters of a pound of ſugar, and then roll them into what form you pleaſe, pretty thin, and put them on tin plates, and hold them before the oven to riſe again; before you ſet them in, your oven muſt be pretty quick.

To make Gingerbread.

TAKE three pounds of fine flour, and the rind of a lemon dry'd and beaten to powder, half a pound of ſugar, or more, as you like it, and an ounce and half of beaten ginger; mix all theſe well together, and wet it pretty ſtiff with nothing but treacle; make it into long rolls or cakes, as you pleaſe; you may put candied orange-peel and citron in it: butter your paper you bake it on, and let it be bak'd hard.

To make Shrewsbury *Cakes.*

TAKE to one pound of ſugar three pounds of the fineſt flour, a nutmeg grated, ſome beaten cinamon; the ſugar and ſpice muſt be ſifted into the flour, and wet it with three eggs, and as much melted butter as will make it of a good thickneſs to roll into a paſte; mould it well and roll it, and cut it into what ſhape you pleaſe; perfume them, and prick them before they go into the oven.

To make Almond Cakes.

TAKE a pound of almonds, blanch, and beat them exceeding fine with a little roſe or orange-flower-water; then beat three eggs, but two whites,

whites, and put to them a pound of ſugar ſifted; and then put in your almonds, and beat all together very well; put ſheets of white paper, and lay the cakes in what form you pleaſe, and bake them; you may perfume them, if you like it; bake them in a cool oven.

To make Drop Bisket.

TAKE eight eggs, and one pound of double-refin'd ſugar beaten fine, and 12 ounces of fine flour well dry'd; beat your eggs very well, then put in your ſugar and beat it, and then your flour by degrees, and beat it all very well together for an hour without ceaſing: your oven muſt be as hot as for half-penny-bread; then flour ſome ſheets of tin, and drop your biſket what bigneſs you pleaſe, and put them in the oven as faſt as you can; and when you ſee them riſe, watch them; and if they begin to colour, take them out again, and put in more; and if the firſt is not enough, put them in again; if they are right done, they will have a white ice on them: you may put in carraway-ſeeds if you pleaſe: when they are all bak'd, put them all in the oven again till they are very dry, and keep them in your ſtove.

To make little Cracknels.

TAKE three pounds of flour finely dry'd, three ounces of lemon and orange-peel dry'd, and beaten to a powder, and an ounce of coriander-ſeeds beaten and ſearced, and three pounds of double-refined ſugar beaten fine and ſearced; mix theſe together with 15 eggs, half of the whites taken out, a quarter of a pint of roſe-water, as much orange-flower-water; beat the eggs and water well together, then put in your orange-peel and coriander-ſeeds, and beat it again very well with two ſpoons, one in each hand; then beat your ſugar in by little and little, then your flour by a little at a time, ſo beat with

with both ſpoons an hour longer; then ſtrew ſugar on papers, and drop them the bigneſs of a walnut, and ſet them in the oven; the oven muſt be hotter than when pyes are drawn; do not touch them with your fingers before they are bak'd; let the oven be ready for them againſt they are done; be careful the oven does not colour them.

To make the thin Dutch *Bisket.*

TAKE five pounds of flour, and two ounces of carraway-ſeeds, half a pound of ſugar, and ſomething more than a pint of milk; warm the milk, and put into it three quarters of a pound of butter; then make a hole in the middle of your flour, and put in a full pint of good ale-yeaſt; then pour in the butter and milk, and make theſe into a paſte, and let it ſtand a quarter of an hour by the fire to riſe; then mould it, and roll it into cakes pretty thin; prick them all over pretty much, or they will bliſter; ſo bake them a quarter of an hour.

To make an ordinary Seed Cake.

TAKE ſix pounds of fine flour, rub into it a thimble-full of carraway ſeeds finely beaten, and two nutmegs grated, and mace beaten; then heat a quart of cream hot enough to melt a pound of butter in it, and when it is no more than blood-warm, mix your cream and butter with a pint of good ale-yeaſt, and then wet your flour with it; make it pretty thin; juſt before it goes into the oven, put in a pound of rough carraways, and ſome citron ſliced thin; three quarters of an hour in a quick oven will bake it.

To make ordinary Wigs.

TAKE three pounds and a half of fine flour, and three quarters of a pound of butter, rub it into the flour till none of it be ſeen; then take a pint or more of new milk, and make it very warm, and three quarters of a pint of ale-yeaſt, and with theſe

make

make it into a light paſte, and put in carraway-ſeeds, or what ſpice you pleaſe, then ſet it before the fire to riſe, then mix in it three quarters of a pound of ſugar, then roll them out pretty thin, and then put them on tin plates, and hold them before the fire to riſe again, or before the oven; let your oven be pretty quick, and they will ſoon be bak'd.

A good Seed-cake.

TAKE two pounds of the fineſt flour well dry'd, two pounds of freſh butter rubb'd well in, ten eggs, leave out 5 whites, three ſpoonfuls of cream, four ſpoonfuls of good yeaſt, mix all well together and ſet it to the fire, not too near; when it is well riſen, put in a pound of carraway-comfits: an hour and a quarter will bake it.

To make the Marlborough *Cake.*

TAKE eight eggs, yolks and whites, beat and ſtrain them, and put to them a pound of ſugar beaten and ſifted; beat it three quarters of an hour together, then put in three quarters of a pound of flour well dry'd, and two ounces of carraway-ſeeds, beat it all well together, and bake it in a quick oven in broad tin pans.

Another ſort of little Cakes.

TAKE a pound of flour and a pound of butter, rub the butter into the flour, two ſpoonfuls of yeaſt, and two eggs; make it up into a paſte; ſlick white paper, roll your paſte out the thickneſs of a crown, cut them out with the top of a tin caniſter, ſift fine ſugar over them, and lay them on the ſlick'd paper; bake them after tarts an hour.

To make the white Cake.

TAKE three quarts of the fineſt flour, a pound and half of butter, a pint of thick cream, half a pint of ale-yeaſt, half a quarter of a pint of roſe-water and ſack together, a quarter of an ounce of mace,

mace, nine eggs, abating four whites, beat them well; five ounces of double-refin'd sugar; mix the sugar and spice and a very little salt with your dry flour, and keep out half a pint of the flour to strew over the cake; when it is all mixed, melt the butter in the cream; when it is a little cool, strain the eggs into it, yeast, *&c.* make a hole in the midst of the flour, and pour all the wetting in, stirring it round with your hand all one way till well mixed; strew on the flour that was sav'd out, and set it before the fire to rise, cover'd over with a cloth; let it stand so a quarter of an hour: you must have in readiness three pounds and half of currants wash'd and pick'd, and well dry'd in a cloth, mingle them in the paste without kneading; put it in a tin hoop; set it in a quick oven, or it will not rise; it must stand an hour and half in the oven.

To make another sort of Gingerbread.

TAKE a pound and half of *London* Treacle, two eggs beaten, a pound of butter melted, half a pound of brown sugar, an ounce of beaten ginger, and of cloves, mace, coriander-seeds and carraway-seeds, of each half an ounce; mix all these together with as much flour as will knead it into a paste; roll it out, and cut it into what form you please; bake it in a quick oven on tin plates; a little time will bake it.

To make Biskets.

TO a quart of flour take a quarter of a pound of butter, and a quarter of a pound of sugar, one egg, and what carraway-seeds you please, wet the milk as stiff as you can, then roll them out very thin, cut them with a small glass, bake them on tin plates; your oven must be slack; prick them very well just as you set them in, and keep them dry when bak'd.

To make brown French *Loaves.*

TAKE a peck of coarſe flour, and as much of the raſpings of bread beaten and ſifted as will make it look brown, then wet it with a pint of good yeaſt, and as much milk and water warm as will wet it pretty ſtiff; mix it well, and ſet it before the fire to riſe; make it into ſix loaves; make it up as light as you can, and bake it well in a quick oven.

To make the hard Bisket.

TAKE half a peck of fine flour, one ounce of catraway-ſeeds, the whites of two eggs, a quarter of a pint of ale-yeaſt, and as much warm water as will make it into a ſtiff-paſte; then make it in long rolls; bake it an hour; the next day pare it round; then ſlice it in thin ſlices, about half an inch thick; dry it in the oven; then draw it and turn it, and dry the other ſide; they will keep the whole year.

To make Whetſtone *Cakes.*

TAKE half a pound of fine flour, and half a pound of loaf-ſugar ſearced, a ſpoonful of carraway-ſeeds dry'd, the yolk of one egg, the whites of three, a little roſe-water, with ambergreaſe diſſolved in it; mix it together, and roll it out as thin as a wafer; cut them with a glaſs; lay them on floured paper, and bake them in a ſlow oven.

To make a good Plumb-cake.

TAKE four pound of flour, put to it half a pound of loaf-ſugar beaten and ſifted, of mace and nutmegs half an ounce beaten fine, a little ſalt. Beat the yolks of thirty eggs, the whites of fifteen, a pint and half of ale-yeaſt, three quarters of a pint of ſack, with two grains of ambergreaſe, and two of muſk ſteeped in it five or ſix hours; then take a large pint of thick cream, ſet it on the fire, and put

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mace, nine eggs, abating four whites, beat them well; five ounces of double-refin'd sugar; mix the sugar and spice and a very little salt with your dry flour, and keep out half a pint of the flour to strew over the cake; when it is all mixed, melt the butter in the cream; when it is a little cool, strain the eggs into it, yeast, *&c.* make a hole in the midst of the flour, and pour all the wetting in, stirring it round with your hand all one way till well mixed; strew on the flour that was sav'd out, and set it before the fire to rise, cover'd over with a cloth; let it stand so a quarter of an hour: you must have in readiness three pounds and half of currants wash'd and pick'd, and well dry'd in a cloth, mingle them in the paste without kneading; put it in a tin hoop; set it in a quick oven, or it will not rise; it must stand an hour and half in the oven.

To make another sort of Gingerbread.

TAKE a pound and half of *London* Treacle, two eggs beaten, a pound of butter melted, half a pound of brown sugar, an ounce of beaten ginger, and of cloves, mace, coriander-seeds and carraway-seeds, of each half an ounce; mix all these together with as much flour as will knead it into a paste; roll it out, and cut it into what form you please; bake it in a quick oven on tin plates; a little time will bake it.

To make Biskets.

TO a quart of flour take a quarter of a pound of butter, and a quarter of a pound of sugar, one egg, and what carraway-seeds you please, wet the milk as stiff as you can, then roll them out very thin, cut them with a small glass, bake them on tin plates; your oven must be slack; prick them very well just as you set them in, and keep them dry when bak'd.

To make brown French *Loaves.*

TAKE a peck of coarse flour, and as much of the raspings of bread beaten and sifted as will make it look brown, then wet it with a pint of good yeast, and as much milk and water warm as will wet it pretty stiff; mix it well, and set it before the fire to rise; make it into six loaves; make it up as light as you can, and bake it well in a quick oven.

To make the hard Bisket.

TAKE half a peck of fine flour, one ounce of catraway-seeds, the whites of two eggs, a quarter of a pint of ale-yeast, and as much warm water as will make it into a stiff-paste; then make it in long rolls; bake it an hour; the next day pare it round; then slice it in thin slices, about half an inch thick; dry it in the oven; then draw it and turn it, and dry the other side; they will keep the whole year.

To make Whetstone *Cakes.*

TAKE half a pound of fine flour, and half a pound of loaf-sugar searced, a spoonful of carraway-seeds dry'd, the yolk of one egg, the whites of three, a little rose-water, with ambergrease dissolved in it; mix it together, and roll it out as thin as a wafer; cut them with a glass; lay them on floured paper, and bake them in a slow oven.

To make a good Plumb-cake.

TAKE four pound of flour, put to it half a pound of loaf-sugar beaten and sifted, of mace and nutmegs half an ounce beaten fine, a little salt. Beat the yolks of thirty eggs, the whites of fifteen, a pint and half of ale-yeast, three quarters of a pint of sack, with two grains of ambergrease, and two of musk steeped in it five or six hours; then take a large pint of thick cream, set it on the fire, and put

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in two pound of butter to melt, but not boil; then put your flour in a bowl, make a hole in the midſt, and pour in your yeaſt, ſack, cream and eggs. Mix it well with your hands, make it up, not too ſtiff, ſet it to the fire a quarter of an hour to riſe; then put in ſeven pound of currants picked and waſhed in warm water, then dried in a coarſe cloth, and kept warm till you put them into your cake, which mix in as faſt as you can, and put candied lemon, orange and citron in it; put it in your hoop, which muſt be ready buttered and fixed; ſet it in a quick oven; bake it two hours or more, when 'tis near cold, ice it.

Another Plumb-cake.

TAKE four pound of flour, four pound of currants, and twelve eggs, half the whites taken out, near a pint of yeaſt, a pound and half of butter, a good half-pint of cream; three quarters of a pound of loaf-ſugar, beaten mace, nutmegs and cinamon, half an ounce beaten fine; mingle the ſpices and ſugar with the flour; beat the eggs well, and put to them a quarter of a pint of roſe-water, that had a little muſk and ambergreaſe diſſolved in it; put the butter and cream into a jug, and put it in a pot of boiling water to melt; when you have mixed the Cake, ſtrew a little flour over it. Cover it with a very hot napkin, and ſet it before the fire to riſe: Butter and flour your hoop, and juſt as your oven is ready, put your currants into boiling water to plump. Dry them in a hot cloth, and mix them in your Cake. You may put in half a pound of candied orange, and lemon, and citron; let not your oven be too hot, two hours will bake it, three if 'tis double the quantity. Mix it with a broad pudding-ſtick, not with your hands; when your Cake is juſt drawn, pour all over it a gill of brandy or ſack; then ice it.

Another Plumb-cake with Almonds.

TAKE four pound of fine flour, dried well, five pound of currants well picked and rubbed, but not washed; five pound of butter washed and beaten in orange-flower-water and sack; two pound of almonds beaten very fine, four pound of eggs weighed, half the whites taken out; three pound of double-refined sugar, three nutmegs grated, a little ginger, a quarter of an ounce of mace, as much cloves finely beaten, a quarter of a pint of the best brandy: The butter must be beaten to cream; then put in your flour, and all the rest of your things, beating it till you put it in the oven; four hours will bake it, the oven must be very quick; put in orange, lemon-peel candied, and citron, as you like.

A rich Seed-cake, call'd the Nun's Cake.

TAKE four pound of your finest flour, and three pound of double-refined sugar beaten and sifted; mix them together, and dry them by the fire till you prepare your other materials.

Take four pound of butter, beat it in your hands till 'tis very soft like cream; then beat thirty-five eggs, leave out sixteen whites, and strain out the treddles of the rest, and beat them and the butter together, till all appears like butter; put in four or five spoonfuls of rose or orange-flower-water, and beat it again; then take your flour and sugar, with six ounces of carraway-seeds, and strew it in by degrees, beating it up all the time for two hours together; you may put in as much tincture of cinamon or ambergrease as you please; butter your hoop, and let it stand three hours in a moderate oven.

To ice a great Cake.

TAKE two pound of the finest double-refin'd sugar, beat and sift it very fine, and likewise beat and sift a little starch and mix with it; then beat six whites of eggs to a froth, and put to it some gum-

gum-water, the gum muſt be ſteeped in orange-flower-water; then mix and beat all theſe together two hours, and put it on your cake; when 'tis baked, ſet it in the oven a quarter of an hour.

Another Seed-cake.

TAKE a pound of flour, dry it by the fire, add to it a pound of fine ſugar, beaten and ſifted; then take a pound and a quarter of butter, and work it in your hand till 'tis like cream; beat the yolks of ten eggs, the whites of ſix; mix all theſe together with an ounce and half of carraway-ſeeds, and a quarter of a pint of brandy; it muſt not ſtand to riſe.

CREAMS and JELLIES.

Lemon Cream.

TAKE five large lemons, and ſqueeze out the juice, and the whites of ſix eggs well beaten, ten ounces of double-refin'd ſugar beaten very fine, and twenty ſpoonfuls of ſpring-water; mix all together and ſtrain it through a jelly-bag; ſet it over a gentle fire, ſcum it very well, when 'tis as hot as you can bear your finger in it, take it off, and pour it into Glaſſes; put ſhreds of lemon-peel into ſome of the Glaſſes.

Another Lemon Cream.

TAKE the juice of four large lemons, and half a pint of water, and a pound of double-refin'd ſugar beaten fine, and the whites of ſeven eggs, and the yolk of one beaten very well; mix all together, and ſtrain it, and ſet it on a gentle fire, ſtirring it all the while, and ſcum it clean; put into it the peel of one lemon, when 'tis very hot, but not boil; take

take out the lemon-peel, and pour it into *China* diſhes.

To make Orange Cream.

TAKE a pint of the juice of Sevil oranges, put to it the yolks of ſix eggs, the whites of four; beat the eggs very well, and ſtrain them and the juice together; add to it a pound of double-refin'd ſugar beaten and ſifted; ſet all theſe together on a ſoft fire, and put the peel of half an orange into it, keep it ſtirring all the while, and when 'tis almoſt ready to boil, take out the orange-peel, and pour out the cream into Glaſſes or *China* diſhes.

To make Gooſeberry Cream.

TAKE two quarts of Gooſeberries, put to them as much water as will cover them; let them boil all to maſh, then run them through a ſieve with a ſpoon; to a quart of the pulp, you muſt have ſix eggs well beaten, and when the pulp is hot, put in an ounce of freſh butter, ſweeten it to your taſte, and put in your eggs, and ſtir them over a gentle fire till they grow thick; then ſet it by, and when 'tis almoſt cold, put into it two ſpoonfuls of juice of ſpinage, and a ſpoonful of orange-flower-water or ſack, ſtir it well together, and put it in your baſons; when 'tis cold ſerve it to the table.

Some love the Gooſeberries only maſhed, not pulped through a ſieve, and put the butter, and eggs, and ſugar as the other, but no juice of ſpinage.

To make Barley Cream.

TAKE a ſmall quantity of pearl-barley, and boil it in milk and water till 'tis tender: then ſtrain the liquor from it, and put your barley into a quart of Cream, and let it boil a little; then take the whites of five eggs, and the yolk of one beaten with a ſpoonful of fine flour, and two ſpoonfuls of orange-flower-water, then take the Cream off the fire, and mix the eggs in by degrees, and ſet it over the fire

again to thicken; sweeten it to your taste; pour it into basons, and when 'tis cold serve it up.

To make Steeple Cream.

TAKE five ounces of hart's-horn, and two ounces of ivory, and put them into a stone-bottle, and fill it up with fair water to the neck, and put in a small quantity of gum-arabick, and gum-dragant; then tie up the bottle very close, and set it into a pot of water with hay at the bottom, let it boil six hours; then take it out and let it stand an hour before you open it, lest it fly in your face; then strain it in, and it will be a strong jelly; then take a pound of blanch'd almonds, and beat them very fine, and mix it with a pint of thick cream, and let it stand a little; then strain it out and mix it with a pound of jelly; set it over the fire till 'tis scalding hot, sweeten it to your taste with double-refin'd sugar; then take it off, and put in a little amber, and pour it out into small high gallipots like a sugar-loaf at top; when 'tis cold turn it out, and lay whipt cream about them in heaps.

To make Blanch'd Cream.

TAKE a quart of the thickest sweet cream you can get, season it with fine sugar and orange-flower-water; then boil it; then beat the whites of twenty eggs with a little cold cream, take out the treddles, and when the cream is on the fire and boils, pour in your eggs, stirring it very well till it comes to a thick curd; then take it up and pass it through a hair sieve; then beat it very well with a spoon till 'tis cold, and put it in dishes for use.

To make Quince Cream.

TAKE Quinces, scald them till they are soft; pare them, and mash the clear part of them, and pulp it through a sieve; take an equal weight of Quince, and double-refin'd sugar beaten and sift-

ed, and the whites of eggs, and beat it till it is as white as ſnow, then put it in diſhes.

To make Almond Cream.

TAKE a quart of cream, boil it with nutmeg, mace, and a bit of lemon-peel, and ſweeten it to your taſte; then blanch ſome almonds, and beat them very fine; then take nine whites of eggs well beaten, and ſtrain them to your almonds, and rub them very well thro' a thin Strainer; ſo thicken your cream; juſt give it one boil, and pour it into *China* diſhes; and when it is cold ſerve it up.

To make Ratafia Cream.

TAKE ſix large lawrel-leaves, and boil them in a quart of thick cream; when 'tis boiled throw away the leaves, and beat the yolks of five eggs with a little cold cream, and ſugar to your taſte; then thicken your cream with your eggs, and ſet it over the fire again, but let it not boil; keeping it ſtirring all the while, and pour it into *China* diſhes; when 'tis cold 'tis fit for uſe.

To make Sack Cream.

TAKE the yolks of two eggs, and three ſpoonfuls of fine ſugar, and a quarter of a pint of ſack; mix them together, and ſtir them into a pint of cream; then ſet them over the fire till 'tis ſcalding hot, but let it not boil. You may toaſt ſome thin ſlices of white bread, and dip them in ſack or orange-flower-water, and pour your cream over them.

To make Rice Cream.

TAKE three ſpoonfuls of the flour of rice, as much ſugar, the yolks of two eggs, two ſpoonfuls of ſack, or roſe or orange-flower-water; mix all theſe, and put them to a pint of cream, ſtir it over the fire till 'tis thick, then pour it into *China* diſhes.

To make Hart's-Horn Jelly.

TAKE a large gallipot, and fill it full of Hart's-horn, and then fill it full with spring-water, and tie a double paper over the gallipot, and set it in the baker's oven with houshold-bread; in the morning take it out, and run it through a jelly-bag, and season with juice of lemons, and double-refin'd sugar, and the whites of eight eggs well beaten; let it have a boil, and run it thro' the jelly-bag again into your jelly-glasses; put a bit of lemon-peel in the bag.

To make Calf's-foot Jelly.

TO four Calf's-feet take a gallon of fair water, cut them in pieces, and put them in a pipkin close covered, and boil them softly till almost half be consumed; then run it through a sieve, and let it stand till 'tis cold; then with a knife take off the fat, and top and bottom, and the fine part of the jelly melt in a preserving-pan or skillet, and put in a pint of rhenish wine, the juice of four or five lemons, double-refin'd sugar to your taste, the whites of eight eggs beaten to a froth; stir and boil all these together near half an hour; then strain it through a sieve into a jelly-bag; put into your jelly-bag a sprig of rosemary, and a piece of lemon-peel; pass it through the bag till 'tis as clear as water. You may cut some lemon-peel like threads, and put in half the glasses.

To make whipt Cream.

TAKE a quart of thick cream, and the whites of eight eggs beaten with half a pint of sack; mix it together, and sweeten it to your taste with double-refin'd sugar: You may perfume it if you please with some musk or ambergrease tied in a rag, and steeped a little in the cream; whip it up with a whisk, and a bit of lemon-peel tied in the middle of

the whiſk; take the froth with a ſpoon, and lay it in your glaſſes or baſons.

To make whipt Syllabubs.

TAKE a quart of cream, not too thick, and a pint of ſack, and the juice of two lemons; ſweeten it to your palate, and put it into a broad earthen pan, and with a whiſk whip it, and as the froth riſes, take it off with a ſpoon, and lay it in your Syllabub-glaſſes; but firſt you muſt ſweeten ſome claret or ſack, or white-wine, and ſtrain it, and put ſeven or eight ſpoonfuls of the wine into your glaſſes, and then gently lay in your froth. Set them by. Do not make them long before you uſe them.

To make a freſh Cheeſe.

TAKE a quart of cream, and ſet it over the fire till it is ready to boil, then beat nine eggs, yolks and whites very well; when you are beating them, put to them as much ſalt as will lie on a ſmall knife's point; put them to the cream, and ſome nutmeg quartered, and tied up in a rag; ſo let them boil till the whey is clear; then take it off the fire, and put it in a pan, and gather it as you do cheeſe; then put it in a cloth, and drain it between two; then put it in a ſtone mortar, and grind it, and ſeaſon it with a little ſack, and orange-flower-water and ſugar, and then put it in a little earthen colander, and let ſtand two hours to drain out the whey; then put it in the middle of a *China* diſh, and pour thick cream about it: So ſerve it to the table.

To make Almond Butter.

TAKE a pound of the beſt *Jordan* almonds, blanched in cold water, and as you blanch them, throw them into fair water; then beat them in a marble mortar very fine, with ſome roſe or orange-flower-water, to keep them from oiling; then take a pound of butter out of the churn before

'tis salted, but it must be very well washed; and mix it with your almonds, with near a pound of double-refin'd sugar beaten and sifted; when 'tis very well mix'd, set it by to cool; when you are going to use it, put it into a colander, and pass it through with the back of a spoon into the dish you serve it in. Hold your hand high, and let it be heaped up.

To make Ribbon Jelly.

TAKE out the great bones of four Calf's-feet, and put the feet into a pot with ten quarts of water, three ounces of hart's-horn, three ounces of ising-glass, a nutmeg quartered, four blades of mace; then boil this till it comes to two quarts, and strain it through a fine flannel bag; let it stand twenty-four hours; then scrape off all the fat from the top very clean; then heat it, and put to it the whites of six eggs beaten to a froth; boil it a little, and strain it again through a flannel bag; then run the jelly into little high glasses; run every colour as thick as your finger; one colour must be thorough cold before you put another on, and that you run on must not be blood warm for fear it mixes together; you must colour red with cochineel, green with spinage, yellow with saffron, blue with syrup of violets, white with thick cream, and sometimes the jelly by itself.

To make Orange Cream.

TAKE the juice of six oranges, set it on the fire, let it be scalding hot, but not boil; beat three yolks of eggs with as much sugar as will make it sweet enough to your taste; beat them up together, and let them have one boil up, keep it stirring, scum it, and put it into glasses, and serve it up cold.

To make Cream of any preserv'd Fruit.

TAKE half a pound of the pulp of any preserved fruit, put it in a large pan, put to it the

the whites of two or three eggs; beat them together exceeding well for an hour; then with a spoon take it off, and lay it heaped up high on the dish or salver with other creams, or put it in the middle bason: Raspberries will not do this way.

To make a Snow Posset.

TAKE a quart of new milk, and boil it with a stick of cinamon and quartered nutmeg; when the milk is boiled, take out the spice, and beat the yolks of sixteen eggs very well, and by degrees mix them in the milk 'tis thick; then beat the whites of the sixteen eggs with a little sack and sugar into a Snow; then take the bason you design to serve it up in, and put in it a pint of sack; sweeten it to your taste; set it over the fire, and let one take the milk, and another the whites of eggs, and so pour them together into the sack in the bason; keep it stirring all the while 'tis over the fire; when 'tis thorough warm, take it off, cover it up, and let it stand a little before you use it.

To make a Jelly Posset.

TAKE twenty eggs, leave out half the whites, and beat them very well; put them into the bason you serve it in, with near a pint of sack, and a little strong ale; sweeten it to your taste, and set it over a charcoal fire, keep it stirring all the while; then have in readiness a quart of milk or cream boiled with a little nutmeg and cinamon, and when your sack and eggs is hot enough to scald your lips, put the milk to it boiling hot; then take it off the fire, and cover it up half an hour; strew sugar on the brim of the dish, and serve it to the table.

To make Flummery Caudle.

TAKE a pint of fine oatmeal, and put to it two quarts of fair water; let it stand all night, in the morning stir it, and strain it into a skillet, with three or four blades of mace, and a nutmeg quar-

tered; ſet it on the fire, and keep it ſtirring, and let it boil a quarter of an hour; if it is too thick, put in more water, and let it boil longer; then add a pint of rheniſh or white-wine; three ſpoonfuls of orange-flower-water, the juice of two lemons and one orange, a bit of butter, and as much fine ſugar as will ſweeten it; let all theſe have a walm, and thicken it with the yolks of two or three eggs. Drink it hot for a breakfaſt.

To make Tea Caudle.

MAKE a quart of ſtrong green Tea, and pour it out into a ſkillet, and ſet it over the fire; then beat the yolks of four eggs, and mix with them a pint of white-wine, a grated nutmeg, ſugar to your taſte, and put all together; ſtir it over the fire till 'tis very hot, then drink it in *China* diſhes as caudle.

A fine Caudle.

TAKE a pint of milk, turn it with ſack; then ſtrain it, and when it is cold, put it in a ſkillet with mace, nutmeg, and ſome white bread ſliced; let all theſe boil, and then beat the yolks of four or five eggs, the whites of two, and thicken your caudle, ſtirring it all one way for fear it curdle; let it warm together, then take it off and ſweeten it to your taſte.

To make Hart's-horn or Calf's-foot Jelly without Lemons.

TAKE a pair of Calf's-feet, boil them with ſix quarts of fair water to maſh; it will make three quarts of jelly; then ſtrain it off, and let it ſtand till 'tis cold, take off the top, and ſave the middle, and melt it again and ſcum it; then take ſix whites of eggs beaten to a froth, half a pint of rheniſh-wine, and one lemon juiced, and half a pound of fine powdered ſugar; ſtir all together, and let it boil, then take it off, and put to it as much

ſpirit

ſpirit of vitriol as will ſharpen it to your palate, about one penny-worth will do; let it not boil after the vitriol is in; let your jelly-bag be made of thick flannel, then run it thro' till 'tis very clear; you may put the whites of the eggs that ſwim at the top into the bag firſt, and that will thicken the bag.

To make Oatmeal-caudle.

TAKE two quarts of ale, and one of ſtale beer, and two quarts of water, mix them all together, and add to it two handfuls of pot-oatmeal, 12 cloves, 5 or 6 blades of mace, and a nutmeg quartered or bruiſed; ſet it over the fire, and let it boil half an hour, ſtirring it all the while; then ſtrain it out thro' a ſieve, and put in near a pound of fine ſugar, and a bit of lemon-peel; pour it into a pan, and cover it cloſe, that it may not ſcum; warm it as you uſe it.

To make Salop.

TAke a quart of water, and let it boil a quarter of an hour, then put in a quarter of an ounce of Salop finely powder'd, and let it boil half an hour longer, ſtirring it all the while, then ſeaſon it with white-wine and juice of lemons, and ſweeten it to your taſte; drink it in *China* cups, as chocolate; it is a great ſweetner of the blood.

Boil Sago till it is tender and jellies, a ſpoonful and half to a quart of water, then ſeaſon it as you do Salop, and drink it in chocolate-diſhes; or if you pleaſe, leave out the wine and lemon, and put in a pint of thick cream and a ſtick of cinamon, and thicken it up with two or three eggs.

To make Lemon Syllabubs.

TAke a quart of cream, half a pound of ſugar, a pint of white-wine, the juice of two or three lemons, the peel of one grated; mix all theſe, and put them in an earthen pot, and milk it up as faſt as you can till it is thick; then pour it into your glaſſes,

glaſſes, and let them ſtand five or ſix hours: you may make them over night.

To make white Leach.

TAKE half a pound of almonds, blanch, and beat them with roſe-water and a little milk; then ſtrain it out, and put to it a piece of iſinglaſs, and let it boil on a chafing-diſh of coals half an hour; then ſtrain it into a baſon and ſweeten it, and put a grain of muſk in it, and let it boil a little longer, and put to it two or three drops of oil of mace or cinamon, and keep it till it is cold; eat it with wine or cream.

To make White-wine Cream.

TAKE a quart of cream, ſet it on the fire, and ſtir it till it is blood warm; then boil a pint of white-wine with ſugar till it is ſyrup; ſo mingle the wine and cream together; put it in a *China* baſon, and when it is cold ſerve it up.

To make Strawberry or Raſpberry Fool.

TAKE a pint of Raſpberries, ſqueeze and ſtrain the juice with orange-flower-water; put to the juice five ounces of fine ſugar; then ſet a pint of cream over the fire, and let it boil up; then put in the juice, give it one ſtir round, and then put it into your baſon; ſtir it a little in the baſon, and when it is cold uſe it.

To make Sack Cream.

TAKE a quart of thick cream and ſet it over the fire, and when it boils take it off; put a piece of lemon-peel in it, and ſweeten it very well; then take the *China* baſon you ſerve it in, and put into the baſon the juice of half a lemon, and nine ſpoonfuls of ſack; then ſtir in the cream into the baſon by a ſpoonful at a time, till all the cream is in, when it is little more than blood-warm; ſet it by till next day; ſerve it with wafers round it.

To

To make Ratifia Bisket.

TAKE four ounces of bitter almonds, blanch and beat them as fine as you can; in beating them put in the whites of four eggs, one at a time; then mix it up with ſifted ſugar to light paſte; roll them and lay them on wafer paper and on tin plates; make the paſte ſo light that you may take it up with a ſpoon; bake them in a quick oven.

To make Piſtachia Cream.

PEEL your Piſtachia's, and beat them very fine, and boil them in cream; if it is not green enough, add a little juice of ſpinage; thicken it with eggs, and ſweeten to your taſte; pour it in baſons, and ſet it by till it is cold.

To make Hartſhorn Flummery.

TAKE three ounces of Hartſhorn, and put it to boil with two quarts of ſpring-water; let it ſimmer over the fire ſix or ſeven hours, till half the water is conſumed; or elſe put it in a jugg, and ſet it in the oven with houſhold-bread; then ſtrain it thro' a ſieve, and beat half a pound of almonds very fine, with ſome orange-flower-water in the beating; and when they are beat, mix a little of your jelly with it, ſome fine ſugar; ſtrain it out and mix it with your other jelly; ſtir it together till it is little more than blood-warm, then pour it into half-pint baſons, fill them but half full; when you uſe them, turn them out of the diſh as you do flummery; if it does not come out clean, hold the baſon a minute or two in warm water; eat it with wine and ſugar.

Put ſix ounces of Hartſhorn in a glaz'd jug with a long neck, and put in three pints of ſoft water; cover the top of the jug cloſe, and put a weight on it to keep it ſteddy; ſet it in a pot or kettle of water 24 hours; let it not boil, but be ſcalding hot; then ſtrain it out and make your jelly.

A Sack-

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A Sack-

A Sack Posset without Eggs.

TAKE a quart of cream or new milk, and grate three *Naple*-biskets in it, and let them boil in the cream; grate some nutmeg in it, and sweeten it to your taste; let it stand a little to cool, and then put half a pint of sack a little warm in your bason, and pour your cream to it, holding it up high in the pouring; let it stand a little, and serve it.

A Sack-Posset without Cream or Eggs.

TAKE half a pound of *Jordan* almonds, lay them all night in water, blanch and beat them in a stone mortar very fine, with a pint of orange-flower-water, or fair water a quart, and half a pound of sugar, a two-penny loaf of bread grated; so let it boil till it is thick, continually stirring it; then warm half a pint of sack and put to it; stir it well together, and put a little nutmeg and cinamon in it.

To make a Posset with Ale: *King* William's *Posset.*

TAKE a quart of cream, and mix with it a pint of ale, then beat the yolks of ten eggs, and the whites of four; when they are well beaten, put them to the cream and ale; sweeten it to your taste, and slice some nutmeg in it; set it over the fire, and keep it stirring all the while; and when it is thick, and before it boils, take it off, and pour it into the bason you serve it in to the table.

To make the Pope's *Posset.*

BLanch and beat three quarters of a pound of almonds so fine, that they will spread between your fingers like butter, put in water as you beat them, to keep them from oiling; then take a pint of sack or sherry, and sweeten it very well with double-refin'd sugar, make it boiling hot, and at the same time put half a pint of water to your almonds,

and

and make them boil; then take both off the fire, and mix them very well together with a ſpoon; ſerve it in a *China* diſh.

To make very fine Syllibubs.

TAKE a quart and half a pint of cream, a pint of rheniſh, half a pint of ſack, three lemons, near a pound of double-refin'd ſugar; beat and ſift the ſugar, and put it to your cream; grate off the yellow rind of your three lemons, and put that in; ſqueeze the juice of the three lemons into your wine, and put that to your cream, then beat all together with a whiſk juſt half an hour; then take it up all together with a ſpoon, and fill your glaſſes: it will keep good nine or ten days, and is beſt three or four days old. Theſe are call'd *the everlaſting Syllibubs.*

To make an Oatmeal Sack-Poſſet.

TAKE a pint of milk, and mix in it two ſpoonfuls of flour of oatmeal, and one of ſugar, put in a blade of mace, and let it boil till the rawneſs of the oatmeal is gone off; in the mean time have in readineſs three ſpoonfuls of ſack, and three of ale, and two of ſugar, ſet them over the fire till ſcalding hot, then put them to your milk, give one ſtir, and let it ſtand on the fire a minute or two, and pour it in your baſon; cover your baſon with a pye-plate, and let it ſtand a little to ſettle.

Preſerves, Conſerves, *and* Syrups.

To preſerve Oranges whole.

TAKE the beſt *Bermudas* oranges, and pare them with a penknife very thin, and lay your oranges in water three or four days, ſhifting them every day; then put them in a kettle with

with fair water, and put a board on them to keep them down in the water, and have a ſkillet on the fire with water, that may be in readineſs to ſupply the kettle with boiling water; as it waſtes it muſt be fill'd up three or four times while the oranges are doing, for they will take up ſeven or eight hours in boiling, for they muſt be ſo tender that a wheat-ſtraw may be thruſt thro' them; then take them up and ſcoop the ſeeds out of them, making a little hole on the top; then weigh them, and to every pound of orange, take a pound and three quarters of double-refin'd ſugar finely beaten and ſifted; fill up your oranges with ſugar, and ſtrew ſome on them, and let them lie a little while, then make your jelly for them thus:

Take two dozen of pippins, and ſlice them into water, and when they are boil'd tender, ſtrain the liquor from the pulp, and to every pound of orange, you muſt have a pint and half of this liquor, and put to it three quarters of the ſugar you left in filling the oranges; ſet it on the fire, and let it boil, and ſcum it well, and put it in a clean earthen pan till it is cold; then put it in your ſkillet, and put in your oranges, and with a ſmall bodkin job the oranges as they are boiling, to let the ſyrup into them; ſtrew on the reſt of your ſugar while they are boiling, and when they look clear, take them up and put them in your glaſſes, but one in a glaſs, juſt fit for them, and boil the ſyrup till it is almoſt a jelly; then fill up your oranges and glaſſes; and when they are cold paper them up, and put them in your ſtove.

To preſerve whole Quinces white.

TAke the largeſt quinces of the greeneſt colour, and ſcald them till they are pretty ſoft, then pare them, and core them with a ſcoop; then weigh your quinces againſt ſo much double-refin'd ſugar, and make a ſyrup of one half, and put in your quinces, and boil them as faſt as you can; then you muſt have in readineſs pippin liquor, let it be very ſtrong

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of the pippins, and when it is ſtrain'd out, put in the other half of your ſugar, and make it a jelly, and when your quinces are clear, put them into the jelly, and let them ſimmer a little, they will be very white; ſo glaſs them up, and when they arecold, paper them and keep them in a ſtove.

To preſerve Gooſeberries.

TAKE of the beſt *Dutch* gooſeberries before they are too ripe, ſtone them, and put them in a ſkillet, with ſo much fair water as will cover them, ſet them on a fire to ſcald, and when they are tender, take them out of the liquor and peel off the outer ſkin, as you do codlins, and throw them into ſome double-refin'd ſugar, powder'd and ſifted; put a handful more of gooſeberries into that water, and let them boil a little, then run the liquor through a ſieve; take the weight of your peeled gooſeberries in double-refin'd ſugar, break the ſugar in lumps, and wet the lumps in the liquor that the gooſeberries were ſcalded in, and put your ſugar in a preſerving-pan over a clear fire, and let it boil up, and ſcum it well; then put in your gooſeberries, and let them boil till they look clear; then place them in your glaſſes, and boil the liquor a little longer, and pour it on your gooſeberries in the glaſſes; when they are cold paper them.

To preſerve Raſpberries in Jelly.

TAKE of the largeſt and beſt raſpberries, and to a pound take a pound and quarter of ſugar made into a ſyrup, and boiled candy-high; then put in the raſpberries, and ſet them over a gentle fire, and as they boil ſhake them; and when the ſugar boils over them, take them off the fire, and ſcum them, and ſet them by a little; then ſet them on again, and have half a pint of juice of currants by you, and at ſeveral times put in a little as it boils; ſhake them often as they grow nearer to be enough, which you may know by ſetting ſome in a ſpoon to

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try if it will jelly, for when they jelly they are enough; then lay them in your glasses, and keep the jelly to cover them; but before you put it to them, pick out all the seeds, and let the jelly cover them well.

To preserve Apricocks.

TAKE your apricocks, stone and pare them, and take their weight in double-refin'd sugar beaten and sifted, and put your apricocks in a silver cup or tankard, and cover them over with the sugar, and let them stand so all night; the next day put them in a preserving-pan, and set them on a gentle fire, and let them simmer a little while; then let them boil till they are tender and clear, taking them off sometimes to turn and scum; keep them under the liquor as they are doing, and with a small clean bodkin or great needle job them sometimes, that the syrup may penetrate into them; when they are enough, take them up and put them in glasses; boil and scum the syrup, and when it is cold put it on your apricocks.

To preserve white Pear Plumbs.

TAke pear plumbs when they are yellow, before they are too ripe, give them a slit in the seam, and prick them behind; make your water almost scalding hot, and put a little sugar to it to sweeten it, and put in your plumbs, and cover them close; set them on the fire to coddle, and take them off sometimes a little, and set them on again; take care they do not break; have in readiness as much double-refin'd sugar boil'd to a height as will cover them, and when they are coddled pretty tender, take them out of that liquor, and put them into your preserving-pan to your syrup, which must be but blood-warm when your plumbs go in; let them boil till they are clear, scum them, and take them off, and let them stand two hours; then set them on again, and boil them; and when they are thoroughly preserved,

ſerved, take them up and lay them in glaſſes; boil your ſyrup till it is thick, and when it is cold put in your plumbs, and a month after, if your ſyrup grows thin, you muſt boil it again, or make a fine jelly of pippins, and put on them. This way you may do the pimordian plumb, or any white plumb; and when they are cold paper them up.

To preſerve Damſons whole.

TAKE ſome damſons and cut them in pieces, and put them in a ſkillet over the fire, with as much water as will cover them; when they are boiled, and the liquor pretty ſtrong, ſtrain it out; and for every pound of your whole damſons wiped clean, a pound of ſingle-refin'd ſugar, put the third part of the ſugar in the liquor, and ſet it over the fire, and when it ſimmers put in your damſons; let let them have one good boil, and take them off for half an hour, cover'd up cloſe; then ſet them on again, and let them ſimmer over the fire, often turning them; then take them out and put them into a baſon, and ſtrew all the ſugar that was left on them, and pour the hot liquor over them, and cover them up, and let them ſtand till the next day; then boil them up again till they are enough; take them up, and put them in pots; boil the liquor till it jellies, and pour it on them when it is almoſt cold, ſo paper them up.

To parch Almonds.

TAKE a pound of ſugar, make it into a ſyrup, and boil it candy-high, then put in 3 quarters of a pound of *Jordan* almonds blanched; keep them ſtirring all the while till they are dry and criſp, then put them in a box, and keep them dry.

To dry Apricocks.

TAke to a pound of apricocks a pound of double-refin'd ſugar, then ſtone them and pare them, and put them into cold water, and when they are

all ready, put them into a ſkillet of hot water, and ſcald them till they are tender; then drain them very well from the water, and put them into a ſilver baſon, and have in readineſs your ſugar boil'd to ſugar again, and pour that ſugar over your apricocks, and cover them with a ſilver plate, and let them ſtand all night; the next day ſet them over a gentle fire, and let them be ſcalding hot, turning them often; you muſt do them twice a-day, till you ſee them begin to candy; then take them out, and ſet them in your ſtove or glaſſes to dry, heating your ſtove every day till they are dry.

To preſerve green Plumbs.

TAKE green plumbs grown to their full bigneſs, but before they begin to ripen; let them be carefully gather'd with their ſtalks and leaves, put them into cold ſpring-water over a fire, and let them boil very gently; when they will peel, take off the ſkins; then put the plumbs into other cold water, and let them ſtand over a very gentle fire till they are ſoft; put two pounds of double-refin'd ſugar to every pound of plumbs, and make the ſugar with ſome water into a thick ſyrup before the plumbs are put in; the ſtones of the plumbs are not to be grown ſo hard, but that you may thruſt a pin thro' them. After the ſame manner do green apricocks.

To make Sugar-Plates.

TAKE a pound of double-refin'd ſugar beaten and ſearced, and blanch and beat ſome almonds, and mix with it, and beat them together in a mortar, with gum-dragant diſſolv'd in roſe-water, till it is a paſte; roll it out, and ſtrew ſugar on the papers or plate, and bake it after manchet; gild it if you pleaſe, and ſerve ſweetmeats on it.

To clear Sugar.

TAKE two or three whites of eggs, and put 'em into a baſon of water, and with a very clean

hand lather that as you do ſoap; take nothing but the froth, and when your ſyrup boils, with a ladle cover it with it; do this till your ſyrup is clear, making ſtill more froth, and covering the ſyrup with it; it will make the worſt ſugar as clear as any, and fit to preſerve any fruit.

To preſerve green Plumbs.

THE Plumbs that will be greeneſt are the white Plumbs that are ripe in wheat harveſt; gather them about the middle of *July* whilſt they are green; when gathered, lay them in water twelve hours; then ſcald them in two ſeveral waters, let not the firſt be too hot, but the ſecond muſt boil before you put the Plumbs in, and when they begin to ſhrivel, peel off the ſkin as you do codlins, keep them whole, and let a third water be made hot, and when it boils, put in your Plumbs, and give them two or three walms; then take them off the fire and cover them cloſe for half a quarter of an hour, till you perceive them to look greeniſh and tender; then take them out and weigh them with double-refin'd ſugar, equal weight; wet a quarter of a pound of your ſugar in four ſpoonfuls of water; ſet it on the fire, and when it begins to boil, take it off, and put in your Plumbs one by one, and ſtrew the reſt of your ſugar upon them, only ſaving a little to put in with your perfume, muſk or ambergreaſe, which muſt be put in a little before they are done: Let them boil ſoftly on a moderate fire half an hour or more till they are green and the ſyrup thickiſh; put your Plumbs in a pot or glaſſes; let the ſyrup have two or three walms more and put it to them, when they are cold paper them up.

To preſerve Black Pear Plumbs, or any Black Plumb.

TAKE a pound of Plumbs, give them a little ſlit in the ſeam; then take ſome of your worſt Plumbs, and put them in a gallipot cloſe covered,

and ſet them in a pot of boiling water, and as they yield liquor ſtill pour it out. To a pint of this liquor, take a pound and quarter of ſugar; put them together, and give them a boil and a ſcum, after which take it off to cool a little; then take your pound of Plumbs, and as you put them in, give every one of them a prick or two with a needle, ſo ſet them again on a ſoft fire a pretty while; then take them off, and let them ſtand till the next day, that they may drink up the ſyrup without breaking the ſkin; the next day warm them again once or twice, till you ſee the ſyrup grow thick, and the Plumbs look of the right black, ſtill ſcumming them, and when they will endure a boil, give them two or three walms, and ſcum them well, and put them in your glaſſes. Be ſure you keep ſome of the ſyrup in a glaſs, that when your Plumbs are ſettled and cold, you may cover them with it. The next day paper them up, and keep them for uſe.

To make white Jelly of Quinces.

PARE your Quinces, and cut them in halves; then core them and parboil your Quinces; when they are ſoft, take them up, and cruſh them through a ſtrainer, but not too hard, only the clear juice. Take the weight of the juice in fine ſugar; boil the ſugar candy-height, and put in your juice, and let it ſcald a while, but not boil; and if any froth ariſe, ſcum it off, and when you take it up, have ready a white preſerved Quince cut in ſmall ſlices, and lay them in the bottom of your glaſſes, and pour your jelly to them, it will candy on the top and keep moiſt on the bottom a long time.

To make clear Cakes of the Jelly of any Fruit.

TO half a pound of jelly, take ſix ounces of ſugar; wet your ſugar with a little water, and boil it candy-height; then put in your jelly; let it boil very faſt till it jelly; then put it into glaſſes,

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and when 'tis dried enough on one ſide, turn it into glaſs plates. Set them in a ſtove to dry leiſurely; let your ſtove be hot againſt your Cakes be turned.

To make clear Cakes of any Sort.

TAKE your gooſeberries, or other fruit, and put them in an earthen pot ſtopt very cloſe, and put them in a kettle of water, and let them boil till they break; then take them out, and run them through a cloth; take the weight of the liquor in ſugar; boil the ſugar candy-height; then put in your juice, and let it ſtand over a few embers to dry till 'tis thick like jelly; if you fear it will change colour, put in three or four drops of juice of lemon; pour it out into clear cake glaſſes, and dry them with a little fire.

To make Brown Sugar.

TAKE gum-arabick, and diſſolve it in water till 'tis pretty thick; then take as much double-refin'd ſugar finely ſifted and perfumed as will make the gum into a ſtiff paſte; roll it out like jumballs, and ſet it in an oven exactly heated, that it may raiſe them and not boil; for if it boils 'tis ſpoiled; you may colour ſome of them.

To make Paſtils.

TAKE double-refin'd ſugar beaten and ſifted as fine as flour; perfume it with muſk and ambergreaſe; then have ready ſteeped ſome gum-arabick in orange-flower-water, and with that make the ſugar into a ſtiff paſte; drop into ſome of it three or four drops of oil of mint, or oil of cloves, or oil of cinamon, or what oil you like, and let ſome only have the perfume; then roll them up in your hand like little pellets, and ſqueeze them flat with a ſeal. Dry them in the ſun.

To fricaſy Almonds.

TAKE a pound of *Jordan* almonds, do not blanch them, or but one half of them; beat the white of an egg very well, and pour it on your almonds, and wet them all over; then take half a pound of double-refin'd ſugar, and boil it to ſugar again; and put your almonds in, and ſtir them till as much ſugar hangs on them as will; then ſet them on plates, and put them into the oven to dry after bread is drawn, and let them ſtay in all night. They will keep the year round if you keep them dry, and are a pretty ſweetmeat.

To make Almond Cakes.

BOIL a pound of double-refin'd ſugar up to a thin candy; then have in readineſs half a pound of almonds blanched, and finely beaten with ſome roſe or orange-flower-water, the juice of one lemon, the peels of two grated into the juice, put all theſe together, ſtir them over a gentle fire till all the ſugar is well melted, but be ſure it does not boil after the lemon is in; then put it into your clear cake glaſſes: Perfume them, and when they are a little dry, cut them into what ſhape you pleaſe.

To make Orange Cakes.

PARE your oranges very thin, and take off the white rinds in quarters; boil the white rinds very tender, and when they are enough, take them up, and ſcrape the black off, and ſqueeze them between two trenchers; beat them in a ſtone mortar to a fine pulp with a little ſugar, pick the meat out of the oranges from the ſkins and ſeeds, and mix the pulp and meat together, and take the weight and half of ſugar; boil the ſugar to a candy-height, and put in the oranges, ſtir them well together, and when 'tis cold, drop 'em on a pye-plate, and ſet 'em in a ſtove. You may perfume them. To the rinds of ſix oranges put the meat of nine lemons. Cakes

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are made the ſame way, only as many rinds as meat, and twice the weight of ſugar.

To make March-pane unboiled.

TAke a pound of almonds, blanch them and beat them in roſe-water; when they are finely beaten, put to them half a pound of ſugar, beat and ſearced, and work it to a paſte; ſpread ſome on wafers, and dry it in the oven; when 'tis cold, have ready the white of an egg beaten with roſe-water and double-refin'd ſugar. Let it be as thick as butter, then draw your March-pane thro' it, and put it in the oven: It will ice in a little time, then keep them for uſe.

If you have a mind to have your March-pane large, cut it when 'tis rolled out by a pewter-plate, and edge it about the top like a tart, and bottom with wafer-paper, and ſet it in the oven, and ice it as aforeſaid; when the icing riſes, take it out and ſtrew coloured comfits on it, or ſerve ſweetmeats on it.

To preſerve Cherries.

PICK and ſtone your Cherries, and weigh them, and take their weight in ſingle-refin'd ſugar beaten fine, mix three parts of the ſugar with juice of currants, and put it in your preſerving-pan, and give it a boil and a ſcum, and then put in your Cherries; let them boil very faſt, now and then ſtrewing in ſome of the ſugar that was left till all is in, ſcum it well, and when they are enough, which you may know by trying ſome in a ſpoon, and when it jellies, take it off, and fill your glaſſes, and when they are cold, paper them up.

To preſerve Currants in Jelly.

TAKE your currants and ſtrip them, and put them in an earthen pot; tie them cloſe down, and ſet them in a kettle of boiling water, and let them ſtand three hours, keeping the water boiling;

then take a clean flaxen cloth, and ſtrain out the juice, and when it has ſettled, take a pound of double-refin'd ſugar, beaten and ſifted, and put to a pint of the clear juice: Have in readineſs ſome whole currants ſtoned, and when the juice boils, put in your currants, and boil them till your ſyrup jellies, which you may know by taking up ſome in a ſpoon; then put it in your glaſſes. This way make jelly of currants, only leaving out the whole currants; when it is cold, paper them up.

To preſerve Barberries.

TAKE the largeſt barberries you can get, and ſtone them, and to every pound of barberries take three pound of ſugar, and boil it till 'tis candy-high; then put in the barberries, and let them boil till the ſugar boils over them all; then take them off, ſcum them, and ſet them on again, and give them another boil, and put them in an earthen pan, cover them with paper, and ſet them by till the next day; then put them in pots, and pour the ſyrup over them; cover them with paper, and keep them in a ſtove. If the ſyrup grows thin, you may make a little jelly of pippins, and put them in when 'tis ready, and give them one walm, and pour them again into glaſſes.

To preſerve whole Pippins.

TAKE *Kentiſh* pippins, or apple-johns, pare them, and ſlice them into fair water; ſet them on a clear fire, and when they are boiled to maſh, let the liquor run through a hair ſieve. Boil as many apples thus, till you have the quantity of liquor you would have. To a pint of this liquor you muſt have a pound of double-refin'd ſugar in great lumps; wet the lumps of ſugar with the pippin liquor and ſet it over a gentle fire, and let it boil, and ſcum it well, and while you are making the jelly, you muſt have your whole pippins boiling at the ſame time; they muſt be the faireſt and beſt pippins you

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can get; ſcoop out the cores, and pare them neatly, and put them into fair water as you do them. You muſt likewiſe make a ſyrup ready to put them into the quantity as you think will boil them in clear; you muſt make that ſyrup with double-refin'd ſugar and water: Tie up your whole pippins in a piece of fine muſlin ſeverally, and when your ſugar and water boils put them in; let them boil very faſt, ſo faſt, that the ſyrup always boils over them; ſometimes take them off, and then ſet them on again, and let them boil till they are clear and tender; then take off the tiffney or muſlin they were tied up in, and put them into glaſſes that will hold but one in a glaſs; then ſee if your jelly of apple-johns be boiled to jelly enough; if it be, ſqueeze in the juice of two lemons, and put muſk and ambergreaſe in a rag, and let it have a boil; then ſtrain it through a jelly-bag into the glaſſes your pippins were in: You muſt be ſure to drain your pippins well from the ſyrup they were boiled in; before you put them in your glaſſes, you may, if you pleaſe, boil lemon-peel in little pieces in water till they are tender, and then boil them in the ſyrup your pippins were boiled in; then take them out, and lay them about the pippins before the jelly is put in; when they are cold, paper them up.

To make Pippin Jelly.

TAKE fifteen pippins, pared, cored and ſliced, and put them into a pint and half of water, and let them boil till they are tender; then put them in a ſtrainer, and let the thin run from them, as much as it will; and to a pint of liquor, take a pound of double-refin'd ſugar, wet your ſugar, and boil it to ſugar again; then cut ſome chips of candied orange or lemon-peel, and cut it as fine as threads, and put it into your ſugar, and then your liquor, and let it boil till 'tis a jelly, which will be quickly; you may perfume it with ambergreaſe if you pleaſe;

pleaſe; pour the jelly into ſhallow glaſſes: When 'tis cold, paper it up, and keep it in your ſtove.

To candy Angelica.

TAKE Angelica that is young, and cut it in fit lengths, and boil it till it is pretty tender, keeping it cloſe covered; then take it up and peel off the ſtrings; then put it in again, and let it ſimmer and ſcald till 'tis very green; then take it up and dry it in a cloth, and weigh it, and to every pound of Angelica take a pound of double-refin'd ſugar beaten and ſifted; put your Angelica in an earthen pan, and ſtrew the ſugar over it, and let it ſtand two days; then boil it till it looks very clear, put it in a colander to drain the ſyrup from it, and take a little double-refin'd ſugar and boil it to ſugar again; then throw in your Angelica, and take it out in a little time, and put it on glaſs plates. It will dry in your ſtove, or in an oven after pyes are drawn.

To make Jelly of white Currants.

TAKE your largeſt currants, and ſtrip them into a baſon, and bruiſe and ſtrain them, and to every pint of juice a pound of double-refin'd ſugar: Juſt wet your ſugar with a little fair water, and ſet it on a ſlow fire till it melts; then make it boil, and at the ſame time let your juice boil in another thing; ſcum them both very well, and when they have boiled a pretty while, take off your ſugar and ſtrain the juice into it through a muſlin; then ſet it on the fire, and let it boil, and if you pleaſe, you may ſtone ſome white currants and put them in, and let them boil till they are clear; have a care you do not boil them too high; let them ſtand a while, then put them in glaſſes.

If you would make clear cakes of white currants, boil the juice juſt as this is; but this obſerve, that when you put your juice and ſugar together, they muſt ſtand but ſo long on the fire, till they are warm

warm and well mixed; they muſt not boil together; and when 'tis cold put it in flat glaſſes; and into your ſtove to dry them; turn them often.

To make white Marmalade.

TAKE your quinces and ſcald them, and pare them, and ſcrape the pulp clean from the cores, and to every pound of pulp put a pound of double-refin'd ſugar; put a little water to your ſugar to diſſolve it, and boil it candy-high; then put in the quince pulp, and ſet it on the fire till it comes to a body; let it boil very faſt, when 'tis enough put it in gallipots.

To make red Quince Marmalade.

PARE, core and quarter your Quinces, then weigh them, and to a pound of Quince allow a pound of ſingle-refin'd ſugar beaten ſmall; and to every pound of Quince a pint of liquor; make your liquor thus: Put your parings and cores, and three or four Quinces cut in pieces, into a large ſkillet, with water proportionable to the quantity of Quinces you do; cover it, and ſet it over the fire; and let it boil two or three hours, then put in a quart of barberries, and let them boil an hour, and ſtrain all out; then put your Quince, and liquor, and a quarter of your ſugar, into a ſkillet or large preſerving-pan, and let them boil together over a gentle fire, cover it cloſe, and take care it does not burn; ſtrew in the reſt of your ſugar by degrees, and ſtir it often from the bottom, but do not break the Quince till 'tis near enough: Then break it in lumps as ſmall as you like it; when 'tis of a good colour and very tender, try ſome in a ſpoon, if it jellies, 'tis enough; then take it off, and put it in gallipots; when 'tis cold, paper it up.

To make Marmalade of Cherries.

TAKE four pound of Cherries, ſtone them, and put them in a preſerving-pan, with a quart of juice

juice of currants; ſet them on a charcoal fire, and let the fire dry away moſt of the juice; break or maſh them, and boil three pounds of ſugar candy-high, and put the Cherries to it, and ſet it on the fire again, and boil it till it comes to a body; ſo put it in glaſſes, and when 'tis cold, paper it up.

To make a Paſte of green Pippins.

TAKE Pippins and ſcald them, and peel them till they are green; when you have peeled them, have freſh warm water ready to put them into, and cover them cloſe, and keep them warm till they are very green; then take the pulp of them, but none of the core, and beat it in a mortar, and paſs it through a colander; and to a pound of the pulp put a pound and one ounce of double-refin'd ſugar; boil your ſugar till it will ball between your fingers; put in your pulp, and take it off the fire to mix it well together, ſet it on the fire again, and boil it till 'tis enough; which you may know by dropping a little on a plate, and then put it in what form you pleaſe: Duſt it with ſugar, and ſet it in the ſtove to dry; turn it, and duſt the other ſide.

To make white Quince Paſte.

SCALD the Quinces tender to the core, and pare them, and ſcrape the pulp clean from the core, beat it in a mortar, and pulp it through a colander; take to a pound of pulp a pound and two ounces of ſugar, boil the ſugar till 'tis candy-high; then put in your pulp, ſtir it about conſtantly till you ſee it come clear from the bottom of the preſerving-pan; then take it off, and lay it on plates pretty thin: You may cut it in what ſhape you pleaſe, or make Quince chips of it; you muſt duſt it with ſugar when you put it into the ſtove, and turn it on papers in a ſieve, and duſt the other ſide; when they are dry, put them in boxes with papers between. You may make red Quince Paſte the ſame way as this, only colour the Quince with cochineel.

To

To dry Pears or Apples.

TAKE poppering Pears, and thruſt a piked ſtick into the head of them beyond the core, then ſcald them, but not too tender; then pare them the long way; put them in water, and take the weight of them in ſugar, and clarify it with water, a pint of water to a pound of ſugar, ſtrain the ſyrup, and put in the Pears; ſet them on the fire, and boil them pretty faſt for half an hour; cover them with paper, and ſet them by till the next day; then boil them again, and ſet them by till the next day; then take them out of the ſyrup, and boil it till 'tis thick and ropy; then put the Pears in your preſerving-pan, and put the ſyrup to them, and if it will not cover them, add ſome ſugar to them, ſet them over the fire and let them boil up; then cover them with paper, and ſet 'em in a ſtove twenty-four hours; then take 'em out, and lay them on ſieves to dry; then lay them on plates, and duſt them with ſugar, and ſet them into your ſtove to dry; and when one ſide is dry, lay them on papers, and turn them, and duſt the other ſide with ſugar; ſqueeze the Pears flat by degrees; if 'tis Apples, ſqueeze the eye to the ſtalk; when they are quite dry put them in boxes with papers between.

To dry Pears or Pippins without Sugar.

TAKE your Pears or Apples and wipe them clean, and take a bodkin and run it in at the head, and out at the ſtalk, and put them in a flat earthen pot, and bake them, but not too much; you muſt put a quart of ſtrong new ale to half a peck of Pears, tie white paper over the pot, that they may not be ſcorched in baking, and when they are baked let them ſtand to be cold; and take them out to drain, ſqueeze the Pears flat, and the Apples the eye to the ſtalk, and lay them on ſieves with wide holes to dry, either in a ſtove, or an oven that is not too hot.

To

To candy any ſort of Flower.

TAke your flowers, and pick them from the white part, then take fine ſugar and boil it candy-high, boil as much as you think will receive the quantity of flowers you do; then put in the flowers, and ſtir them about till you perceive the ſugar to candy well about them; then take them off from the fire, and keep them ſtirring till they are cold, in the pan you candied them in; then ſift the looſe ſugar from them, and keep them in boxes very dry.

To candy Orange Flowers.

TAke half a pound of double-refin'd ſugar finely beaten, wet it with orange-flower-water, then boil it candy-high, then put in a handful of orange-flowers, keeping it ſtirring, but let it not boil; and when the ſugar candies about them, take it off the fire, drop it on a plate, and ſet it by till it is cold.

To make Syrup of any Flower.

CLip your flowers, and take their weight in ſugar; then take a high gallipot, and put a row of flowers, and a ſtrowing of ſugar, till the pot is full; then put in two or three ſpoonfuls of the ſame ſyrup or ſtill'd water; tie a cloth on the top of the pot, and put a tile on that, and ſet your gallipot in a kettle of water over a gentle fire, and let it infuſe till the ſtrength is out of the flowers, which will be in four or five hours; then ſtrain it thro' a flannel, and when it is cold bottle it up.

To candy any ſort of Fruit.

AFter you have preſerv'd your fruit, dip them ſuddenly into warm water, to take off the ſyrup; then ſift on them double-refin'd ſugar till they look white; then ſet them on a ſieve in a warm oven, taking them out to turn two or three times; let them not be cold till they be dry, and they will look clear as diamonds; ſo keep them dry.

Another

Another way to preſerve Oranges.

TAke right *Sevil* oranges, the thickeſt rind you can get, lay them in water, changing the water twice a-day for two days; then rub them well with ſalt, and waſh them well afterwards, and put them in water, changing the water twice a-day for two days more; then put them in a large pot of water to boil, having another pot of boiling water ready to throw them into, as the other grows bitter; change them often, till they are tender; then take them up in a linnen cloth, and a woollen over it, to keep them hot; take out one at a time, and make a little hole at the top, and pick out the ſeeds, but do not break the meat; pare them as thin as you can with a ſharp penknife; take to a pound of oranges before they are open'd, a pound of double-refin'd ſugar and a pint of fair water, boil it and ſcum it, and let it be ready when you pare them to throw them into, and when they are all pared, ſet them on the fire, cover them cloſe, and keep them boiling as faſt as they can boil, till they look clear; then take them up into a deep gallipot with the holes upward, fill them with ſyrup, and when they are almoſt cold, pour the reſt of the ſyrup over them; let them ſtand a fortnight or three weeks in that ſyrup; then make a jelly of pippins, and when it is almoſt ready, take your oranges out of the gallipot, and pour all the ſyrup out of them, and put them into the jelly, and let them have a boil or two, then put them into your glaſſes, and when they are near cold fill them with jelly, tne next day paper them.

To preſerve Gooſeberries in Hops.

TAke the largeſt *Dutch* gooſeberries, and with a knife cut them a-croſs at the head and half way down, and with a bodkin put out the ſeeds clean, and do not break them; then take fine long thorns, ſcrape them, and then put on your gooſeberries, putting the leaf of the one to the cut of the other, and

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ſo till your thorn is full; and when they are full, put them into a new pipkin with a cloſe cover, and cover them with water, and let them ſtand ſcalding till they are green; then take them up, and lay them upon a ſieve to drain from the water; be ſure they do not boil in the greening, for if they have but one walm they are ſpoil'd; and while they are greening make a ſyrup for them. Take whole green gooſeberries and boil them in water till they all break, then ſtrain the water thro' a ſieve, and weigh your hops, and to a pound of hops put a pound and half of double-refin'd ſugar, put the ſugar and hops into the liquor, and boil them open till they are clear and green, then take them up and lay them upon pye-plates, and boil your ſyrup longer; lay your hops in a pretty deep gallipot, and when the ſyrup is cold pour it on them; cover them with paper, and keep them in a ſtove.

To preſerve Gooſeberries whole, without ſtoning.

TAke the largeſt preſerving gooſeberries, and pick off the black eye, but not the ſtalk, then ſet them over the fire in a pot of water to ſcald, cover them very cloſe, and let them ſcald, but not boil or break; and when they are tender, take them up into cold water; then take a pound and half of double-refin'd ſugar to a pound of gooſeberries, clarify the ſugar with water, a pint to a pound of ſugar; and when the ſyrup is cold, put your gooſeberries ſingle into your preſerving-pan, and put the ſyrup to 'em, and ſet them on a gentle fire, and let them boil, but not too faſt, leſt they break; and when they are boil'd, and you perceive the ſugar has enter'd them, take them off, cover them with white paper, and ſet them by till the next day; then take them out of the ſyrup, and boil the ſyrup till it begins to be ropy, ſcum it, and put it to them again, and ſet them on a gentle fire, and let them preſerve gently,

till

till you perceive the ſyrup will rope; then take them off, and ſet them by till they are cold, covering them with paper; then boil ſome gooſeberries in fair water, and when the liquor is ſtrong enough ſtrain it out, let it ſtand to ſettle, and to every pint take a pound of double-refin'd ſugar and make a jelly of it, and put the gooſeberries in glaſſes, and when they are cold cover them with the jelly; the next day paper them; wet, and then half dry the paper that goes in the inſide, it cloſes down better; and then put on other papers, and put them in your ſtove.

To make Conſerve of red Roſes, or any other Flowers.

TAke roſe-buds and pick them, and cut off the white part from the red, and put the red flowers, and ſift them thro' a ſieve to take out the ſeeds, then weigh them, and to every pound of flowers take two pound and a half of loaf-ſugar; beat the flowers pretty fine in a ſtone mortar, then by degrees put the ſugar to them, and beat it very well till it is well incorporated together; then put it into gallipots, and tie it over with paper, and over that leather, and it will keep ſeven years.

To ſtew Apples.

TAKE to a quart of water a pound of double-refin'd ſugar beaten fine, boil and ſcum it, and put into it a pound of the largeſt and cleareſt pippins, pared, and cut in halves, and cored; let them boil, cover'd with a continual froth, till they be as tender and clear as you would have them; then put in the juice of two lemons, and a little peel cut like threads; let them have five or ſix walms after the lemon is in, then put them in the *China* diſh or ſalver you ſerve them in; they ſhould be done two hours before uſed.

To dry Plumbs or Apricocks.

TAke your plumbs or apricocks and weigh them, and to every pound of fruit allow a pound of double-refin'd ſugar; then ſcald your plumbs, and ſtone them, and take off the ſkins, and lay your plumbs on a dry cloth; then juſt wet your ſugar, and ſet it over the fire, and keep it ſtirring all one way till it boils to ſugar again; take that ſugar, and lay ſome in the bottom of your preſerving-pan, and lay your plumbs on it, and ſtrew the reſt of the ſugar on the plumbs, and let it ſtand till it is melted; then heat it ſcalding hot twice a-day, but let it not boil; and when the ſyrup is very thick, and candies about the pan, then take them out of the ſyrup, and lay them on glaſſes to dry, and keep them continually warm, ſifting a little ſugar over them till they are almoſt dry; wet the ſtones in the ſyrup, and dry them with ſugar, and put them in at one end of the plumb, and when they are thorough dry, keep them in boxes, with papers between.

To make Sugar of Roſes.

CLip off all the whites from the red roſe-buds, and dry the red in the ſun; and to one ounce of that finely powder'd, you muſt have one pound of loaf-ſugar; wet the ſugar in roſe-water (but if in the ſeaſon, juice of roſes) boil it to a candy-height; then put in your powder of roſes, and the juice of a lemon; mix it well together; then pour it on a pye-plate, and cut it into lozenges, or what form you pleaſe.

To preſerve ſmall Cucumbers green.

TAke ſmall cucumbers, boil them, but not very tender; when you take them out of the water, make a hole thro' every one with a large needle; then pare and weigh them, and to every pound allow a pound of ſugar, which make into a ſyrup, with a pint of water to every pound of ſugar; you muſt

green them before you put 'em into the ſugar; then let them boil, keeping them cloſe cover'd; then put them by, and for three or four days boil them a little every day; put into the ſyrup the peel of a freſh lemon; then make a freſh ſyrup with double-refin'd ſugar, you muſt have three quarters of a pound to a pound of cucumbers, and a quarter of a pint of fair water, the juice of a lemon, and a little ambergreaſe boil'd in it; ſo do them for uſe; paper them when cold.

To preſerve Mulberries whole.

SET ſome mulberries over the fire in a ſkillet, and draw from them a pint of juice, when it is ſtrained; then take three pounds of ſugar beaten very fine, wet the ſugar with the pint of juice; boil up your ſugar and ſcum it, and put in two pounds of ripe mulberries, and let them ſtand in the ſyrup till they are throughly warm, then ſet them on the fire, and let them boil very gently; do them but half enough, ſo put them by in the ſyrup till next day; then boil them gently again, and when the ſyrup is pretty thick, and will ſtand in a round drop when it is cold, they are enough; ſo put all together in a gallipot for uſe.

To make Roſe Drops.

THE roſes and ſugar muſt be beat ſeparately into a very fine powder, and both ſifted; to a pound of ſugar, an ounce of red roſes; they muſt be mix'd together, and then wet with as much juice of lemon as will make it into a ſtiff paſte; ſet it on a ſlow fire in a ſilver porringer, and ſtir it well, and when it is ſcalding hot quite thro', take it off and drop it on paper; ſet them near the fire, the next day they will come off.

To candy Flowers.

GAther your flowers when dry, cut off the leaves as far as the colour is good; according to your

quantity, take of double-refin'd ſugar, and wet it with fair water, and boil it to a candy height; then put in your flowers, of what ſort you pleaſe, as primroſes, violets, cowſlips, or borage, with a ſpoon; take them out as quick as you can, with as little of the ſyrup as may be, and lay them in a diſh over a gentle fire, and with a knife ſpread them, that the ſyrup may run from them; then change them upon another warm diſh, and when they are dry from the ſyrup, have ready ſome double-refin'd ſugar beaten and ſifted, and ſtrew ſome on your flowers; then take the flowers in your hands, and rub them gently in the hollow of your hand, and that will open the leaves, a ſtander-by ſtrewing more ſugar into your hand as you ſee convenient; ſo do till they are thoroughly open'd and dry; then put your flowers into a dry ſieve, and ſift all the ſugar clean from 'em; they muſt be kept in a dry place; roſemary-flowers muſt be put whole into your ſyrup; young mint-leaves you muſt open with your fingers, but all bloſſoms rub with your hand as directed.

To make Cakes of Flowers.

BOIL double-refin'd ſugar candy-high, and then ſtrew in your flowers, and let them boil once up, then with your hand lightly ſtrew in a little double-refin'd ſugar ſifted, and then as quick as may be put it into your little pans, made of card, and prick'd full of holes at bottom; you muſt ſet the pans on a pillow, or cuſhion; when they are cold, take them out.

To make Wormwood-cakes.

TAke one pound of double-refin'd ſugar ſifted, mix it with the whites of three or four eggs well beat, into this drop as much chymical oil of wormwood as you pleaſe, ſo drop them on paper; you may have ſome white, and ſome marble, with ſpecks of colours with the point of a pin; keep your colours ſeverally in little gallipots; for red, take a

dram

dram of cochineal, a little cream of tartar, as much of allum, tie them up ſeverally in little bits of fine cloth, and put them to ſteep in one glaſs of water two or three hours: when you uſe the colour, preſs the bags in the water, and mix ſome of it with a little of the white of egg and ſugar. Saffron colours yellow, and muſt be tied in a cloth, as the red, and put in water. Powder-blue mix'd with the ſaffron-water, makes a green: for blue, mix ſome dry powder-blue with ſome water.

To candy Orange-Flowers.

TAKE orange-flowers that are ſtiff and freſh pick'd, and boil them in a good quantity of ſpring-water in a preſerving-pan, and when they are tender, take them out and drain them in a ſieve, and lay them between two napkins till they be very dry; take the weight of your flowers in double-refin'd ſugar, if you have a pound, take half a pint of water and boil with the ſugar, till it will ſtand in a drop, then take it off the fire, and when it is almoſt cold put it to the flowers, which muſt be in a ſilver baſon; ſhake them very well together, and ſet them in a ſtove, or in the ſun, and as they begin to candy, take them out, and put them on glaſſes to dry, keeping them turning till they are dry.

A fine way to preſerve Raſpberries.

TAke the juice of red and white raſpberries and codlin jelly; to a pint and half, two pound of double-refin'd ſugar; boil it, and ſcum, and then put in three quarters of a pound of large pick'd raſpberries; let them boil very faſt, till they jelly and are clear; don't take them off the fire, that will make them hard; a quarter of an hour will do them when they begin to boil; then put your raſpberries in the glaſs firſt, and ſtrain the ſeeds from the jelly, and put it to them; and when they begin to cool, ſtir them gently, that they may not all lie on the

top of the glass; and when cold, lay papers close on them; first wet the papers, and dry them in a cloth.

To make a strong Apple-Jelly.

LET your water boil in the pan you make it in, and when the apples are par'd and quarter'd, put them into your boiling water; let there be no more water than will just cover them, and let it boil as fast as possible; and when the apples are all to pieces, put in about a quart of water more, and let it boil half an hour longer, then run it thro' a jelly-bag, and use it as occasion for any sort of sweet-meat; in the summer codlins are best, in the winter golden-runnets or winter-pippins.

To preserve Raspberries whole.

TAKE the full weight of your Raspberries in double-refin'd sugar, beaten and sifted; lay your Raspberries single in the bottom of your preserving-pan, and put all your sugar over them; set them on a slow fire, till there is some syrup in the bottom of the pan; then set them on a quick fire, till all the sugar be thoroughly melted; give them two or three walms, scum them, and take them up, and put them in glasses.

To make Bisket.

TAke the whites of four eggs, the yolks of ten, beat them a quarter of an hour with 4 spoonfuls of orange-flower-water; then add to it one pound of loaf-sugar beaten and sifted; then beat them together an hour longer; then stir in half a pound of dry flour, and the peel of a lemon grated off; mix it well together, then butter the pans and fill them, searce some sugar over them as you put them into the oven; when they are risen in the oven, take them out and lay them on a clean cloth; and when the oven is pretty cool, put them in again on sieves, and let them stand till they are dry, and will snap in breaking.

To make Chocolate-Almonds.

TAke a pound of chocolate finely grated, and a pound and half of the beſt ſugar finely ſifted; then ſoak gum-dragant in orange-flower-water, and work them into what form you pleaſe; the paſte muſt be ſtiff; dry them in a ſtove.

To make Lemon-Puffs.

TAKE a pound and a quarter of double-refin'd ſugar beaten and ſifted, and grate the rinds of two lemons, and mix well with the ſugar; then beat the whites of three new-laid eggs very well, and mix it well with your ſugar and lemon-peel; beat them together an hour and a quarter, then make it up in what form you pleaſe; be quick to ſet them in a moderate oven; don't take them off the papers till cold.

To preſerve Oranges whole.

TAke the beſt and largeſt *Sevil* oranges, water them three days, ſhifting them twice a-day, boiling them in a copper with a great deal of water till they be tender; they muſt be tied in a cloth and kept under water, the water muſt boil before you put them in; then take to every pound of orange, a pound and half of double-refin'd ſugar, beaten and ſifted; then have in readineſs apple-water made of John-apples; take to every pint of that water a pound of ſugar; then take a third part of the ſugar and put to the water; boil it a while, and ſet it by to cool; then cut a little hole in the bottom of your orange, and pick out all the ſeeds, and fill them up with what ſugar is left; prick your oranges all over with a bodkin, then put them into your ſyrup, boiling them ſo faſt that the ſyrup may cover them, then put in your ſugar that is left: when the ſyrup will jelly, and the oranges look clear, they are enough; then glaſs them with the holes uppermoſt, and pour the ſyrup upon them.

To make Almond-Loaves.

BLanch your almonds in hot water, and throw them into cold; then take their weight in double-refin'd ſugar finely ſearced, beat them together until they come to a paſte, then make them up into little loaves, then ice them over with ſome white of egg and ſugar; bake them on paper: if you pleaſe you may throw your almonds into orange-flower-water inſtead of cold water.

To make Lemon-Biſket.

TAke ſix yellow rinds well beat, with a pound of double-refin'd ſugar, and whites of four eggs, till come to a paſte; lay them on wafer-paper, ſo bake them on tins.

To make Orange-Chips criſp.

PARE your oranges very thin, leaving as little white on the peel as poſſible; throw the rinds into fair water as you pare them off, then boil them therein very faſt till they are tender, ſtill filling up the pan with boiling water as it waſtes away; then make a thin ſyrup with part of the water they were boil'd in, and put the rinds therein, and juſt let 'em boil; then take them off, and let them lie in the ſyrup three or four days; then boil them again, till you find the ſyrup begins to draw between your fingers; then take them off from the fire, and let them drain between a colander; take out but a few at a time, becauſe if they cool too faſt, it will be difficult to get the ſyrup from them, which muſt be done by paſſing every piece of peel thro' your fingers, and laying them ſingle on a ſieve, with the rind uppermoſt; the ſieves may be ſet in a ſtove, or before the fire; but in ſummer the ſun is hot enough to dry them: three pounds of ſugar will make ſyrup to do the peels of 25 oranges.

To make Syrup of Orange-Peel.

TO every pint of the water in which the orange-peels were ſteep'd put a pound of ſugar, boil it, and when it has boil'd a little, ſqueeze in ſome juice of lemon, and make it more or leſs ſharp to your taſte; filter the lemon-juice thro' cap-paper; as it boils ſcum it clear; and when boil'd enough to keep, take it off the fire, and when cold bottle it; when your orange-peels are dry'd on one ſide, turn the other, and ſo do till they are criſp; bruſh the ſugar from them, then take a cloth dipt in warm water, and wipe off all that remains of ſugar on the rind-ſide; then lay them on the ſieve again, and in an hour they will be dry enough to put into your boxes to keep.

To make Orange Marmalade.

TAKE the beſt Sevil oranges and weigh a pound of them, then pare off all the yellow rind very thin, quarter the peel and put 'em in water; cover 'em down cloſe, and ſhift the water ſix or ſeven times as it boils to take the bitterneſs out, and that they may look clear, and be tender; then take 'em out, dry 'em in a cloth, take out all the ſtrings, and cut 'em thin as pallets; then take a pound of double-refin'd ſugar beaten, and boil it with a little water to a candy-height, ſcum it clean and put in your peels; let them boil near half an hour; have in readineſs your orange-meat all pick'd from the ſkins and ſeeds, and the juice of two large lemons, and put it into the peels, and boil all together a quarter of an hour longer; ſo glaſs it up, and paper it when cold.

To make Orange Cakes.

CUT your oranges, pick out all your meat and juice free from the ſtrings and ſeeds, and ſet it by; then boil it and ſhift the water till your peels are tender, dry them in a cloth and mince them

them ſmall, and put them to the juice; to a pound of that weigh a pound and half of double-refin'd ſugar; dip your lumps of ſugar in water and boil it to a candy-height; take it off the fire and put in your juice and peel, ſtir it well, and when 'tis almoſt cold put it in a baſon and ſet it in a ſtove; then lay it thin on earthen plates to dry, and as it candies, faſhion it with your knife; and as they dry, lay them on glaſs; when your plate is empty, put more out of your baſon.

To make Lemon Cakes.

GRATE off the yellow rind of your lemon, and ſqueeze your juice to that peel; take two apples to every lemon, pare and core them, and boil them clear, then put them to your lemon: To a pound of this put two pound of double-refin'd ſugar, then order it as the orange.

To candy Orange-flowers.

TAKE Orange-flowers that are ſtiff and freſh, boil them in a good quantity of ſpring-water in a preſerving-pan, and when they are tender take them up, and drain them thro' a ſieve, and dry them between napkins very dry; take the weight in double-refin'd ſugar, and to a pound put half a pint of water, boil it till it ſtands in a thick drop, and when 'tis almoſt cold put it to your flowers in a ſilver or *China* baſon; ſhake them well together, and ſet them in a ſtove, or ſun, and when they begin to candy take them out, and lay them on glaſſes to dry; ſift ſugar on them, and turn them every day till they are criſp.

To make clear Candy.

TAKE ſix ounces of water and four ounces of fine ſugar ſearc'd, ſet it on a ſlow fire to melt without ſtirring, let it boil till it comes to a ſtrong candy; then have ready your peel or fruit ſcalded hot in the ſyrup they were kept in, drain them very well

well from it, and put them into your candy, which you must rub on the sides of your bason with the back of your spoon till you see the candy pretty white; take out the fruit with a fork, touch it not with your fingers: If right, the candy will shine on your fruit, and dry in three or four hours in an indifferent hot stove: Lay your fruit on sieves.

To keep Fruit in Syrup to candy.

IF you candy orange or lemon-peels, you must first rub them with salt; then cut in what fashion you please, and keep them in water two days; then boil them tender, shifting the water you boil them in two or three times; you must have a syrup ready, a pint of water to a pound of sugar, scald your peels in it till they look clear. Fruit is done the same way, but not boil'd till you put them in your syrup; you must heat your syrup once a week, taking out your fruit, and put them in again while the syrup is hot; they will keep all the year.

To dry Apricocks like Prunello's.

TAKE a pound of apricocks, being cut in halves or quarters, let them boil till they be very tender in a thin syrup, let them stand a day or two in the stove; then take them out of the syrup, and lay them drying till they be as dry as prunello's, then box them: You may make your syrup red with the juice of red plumbs, if you please you may pare them.

To preserve green Cucumbers.

TAKE gerkins, rub them clean, then green them in hot water; then take their weight in double-refin'd sugar, boil it to a thick syrup with a quarter of a pint of spring-water to every pound of sugar; then put in your cucumbers and set them over the fire, but not to boil fast; so do two or three days. The last day boil them till they are tender and clear, so glass them up,

To

To make clear Cakes of Gooſeberries.

TAKE your white *Dutch* gooſeberries when they are thorough ripe, break them with your fingers and ſqueeze out all the pulp into a fine piece of cambrick or thick muſlin to run thro' clear; then weigh the juice and ſugar one againſt the other; then boil the juice a little while, then put in your ſugar and let it diſſolve, but not boil; ſcum it and put it into glaſſes, and ſtove it in a warm ſtove.

Another way to make Orange Marmalade.

RASP your oranges, cut out all the meat, boil the rinds very tender, and cut them very fine; then take three pound of double-refin'd ſugar, and a pint of water, boil and ſcum it, and then put in a pound of rind; boil it very faſt till the ſugar is very thick, then put in the meat of your oranges, the ſeeds and ſkins being pick'd out, and a pint of very ſtrong pippin jelly; boil all together very faſt half an hour, then put it in flat pots or glaſſes: When 'tis cold, paper it up.

To preſerve Cherries.

GATHER your cherries of a bright red, not too ripe; weigh them, and to every pound of cherries put three quarters of a pound of double-refin'd ſugar beaten fine; ſtone them, and ſtrew ſome ſugar on them, as you ſtone them; to keep their colour, wet your ſugar with fair water near half a pint, and boil and ſcum it, then put in three ſmall ſpoonfuls of the juice of currants, that was infuſed with a little water; give it another boil and ſcum, and put in your cherries; boil them till they are tender, then pour them into a *China* baſon, cover them with paper and ſet them by twenty-four hours, then put them in your preſerving-pan, and boil 'em till they look clear; put them in your glaſs clear from the ſyrup, and put the ſyrup on them ſtrain'd through muſlin.

To preſerve Green Apricocks.

BEFORE the ſtones are hard, wet them and lay them in a coarſe cloth, and put to them two or three handfuls of ſalt, and rub them till the roughneſs is off, then put them in ſcalding water, and ſet them over the fire till almoſt boil'd, then ſet them off till almoſt cold; do this two or three times; after this let them be cloſe cover'd, and when they look to be green, let them boil till they begin to be tender; weigh them and take their weight in double-refin'd ſugar, to a pound of ſugar half a pint of water; make the ſyrup, and when almoſt cold, put in your apricocks, boil them well till clear, warm the ſyrup two or three times till thick, or put them in cold jelly, or dry them as you uſe them.

To preſerve Apricocks that are ripe.

GATHER your apricocks about half ripe, before they look too yellow; weigh them and to every pound put three quarters of a pound of treble-refin'd ſugar finely beaten and ſifted, then pare 'em and cut 'em in the parting of the apricock to take out the ſtone; then make a fine ſyrup of the ſugar, keeping a little out to ſtrew on them whilſt they are boiling; and after they are boiled a little, take 'em out of the pan and put 'em in a baſon, and cover them cloſe with paper, and let them ſtand twenty-four hours; be careful not to break them in taking them out: The next day boil them up for good, put them in your glaſſes with care, ſtrain your ſyrup over them thro' muſlin.

To candy Orange Chips.

PARE your oranges and ſoak the peelings in water two days, and ſhift the water twice, but if you love them bitter ſoak them not: Tie your peels up in a cloth, and when your water boils, put them in, and let them boil till they are tender; then take what double-refin'd ſugar will do, and break it

ſmall and wet it with a little water, and let it boil till 'tis near candy-high, then cut your peels of what lengths you pleaſe, and put 'em into the ſyrup; ſet 'em on the fire and let 'em heat well thro', then let them ſtand a while, heat them twice a day, but not boil: Let them be ſo done till they begin to candy, then take them out and put them on plates to dry, and when they are dry, keep them near the fire.

To candy Orange Flowers.

FIRST pick your orange-flowers, and boil them quick in fair water till they are very tender; then drain them thro' a hair ſieve very clean from the water; to a pound of the beſt double-refin'd ſugar, take half a pint of fair water, and as much orange-flower-water, and boil it up to a thick ſyrup; then put it out into broad flat glaſſes, and let the ſyrup ſtand in the glaſſes about an inch thick; when it is near cold drop in your flowers, as many as you think convenient, and ſet your glaſſes in a ſtove with a moderate heat, for the flower they candy, the finer the rock will be; when you ſee it is well candied top and bottom, and that it gliſſens, break the candy at top in as great flakes as you can, and lay the biggeſt piece at the bottom on glaſs plates, and pick out the reſt, and pile it up with the flowers to what ſize you pleaſe; after that it will preſently be dry in a ſtove.

To ſcald Fruit for preſent Uſe.

PUT your fruit into boiling water, as much as will almoſt cover them, ſet them over a ſlow fire, keep it in a ſcald till tender, turning the fruit where the water does not cover; when tender, lay a paper cloſe on it, let it ſtand till cold; to a pound of fruit put half a pound of ſugar; let it boil, but not faſt, till it looks clear; all fruit done whole but pippins, and they in halves, with orange or lemon-peel,

and

and juice of lemon; cut your peel very thin, like threads, and ſtrew them on your pippins.

To make Marmalade of Apricocks.

GAther your apricocks juſt turn'd from the green of a very pale yellow, pare them thin and weigh them, three quarters of a pound of double-refin'd ſugar to a pound of apricocks, then cut them in halves, take out the ſtones, and ſlice them thin; beat your ſugar and put it in your preſerving-pan with your ſlic'd apricocks, and three or four ſpoonfuls of water; boil and ſcum them, and when they are tender put them in glaſſes.

To make a Gooſeberry-Gam.

GAther your gooſeberries full ripe, but green; top and tail them, and weigh them; a pound of fruit to three quarters of a pound of double-refin'd ſugar, and half a pint of water; boil them till clear and tender, then put it in pots.

To keep Orange-Flowers in Syrup.

PIck off the leaves and throw them in water boiling on the fire, and ſqueeze into it the juice of two or three lemons; let them boil half a quarter of an hour, and then throw 'em into cold water, then drain them, and lay them on cloths to drain well; then beat and ſift ſome double-refin'd ſugar, lay ſome on the bottom of a gallipot, and then a layer of flowers, and then more ſugar, till all is in; when the ſugar melts, put in more, till there is a pretty deal of ſyrup; ſo paper them up for uſe: you may put them in jelly, or what you pleaſe.

To make white Quince Marmalade.

SCald your quinces tender, take off the ſkin, and pulp them from the core very fine, and to every pound of quince have a pound and half of double-refin'd ſugar in lumps, and half a pint of water, dip your ſugar in the water, and boil and ſcum it till it

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is a thick ſyrup; then put in your quince, boil and ſcum it on a quick fire a quarter of an hour, ſo put it in your pots.,

To make red Quince Marmalade.

PAre and core a pound of quince, beat the parings and cores and ſome of your worſt quinces, and ſtrain out the juice; and to every pound of quince take ten or twelve ſpoonfuls of that juice, and three quarters of a pound of loaf-ſugar; put all into your preſerving-pan, cover it cloſe, and let it ſtew over a gentle fire two hours; when it is of an orange-red, uncover and boil it up as faſt as you can; when of a good colour, break it as you like it; give it a boil and pot it up.

To make Syrup of Marſhmallows.

TAke Marſhmallow roots four ounces, graſs-roots, aſparagus-roots, liquoriſh, ſtoned raiſins, of each half an ounce; the tops of Marſh-mallows, pellitory, pimpernel, ſaxifrage, plantain, maiden-hair white and black, of each a handful; red ſiſers one ounce; the four greater and four leſſer cold ſeeds of each three dams; bruiſe all theſe, and boil them in three quarts of water, till it comes to two; then put to it four pound of white ſugar, till it comes to a ſyrup; put to every pint the white of an egg to clarify it.

To make Syrup of Saffron.

TAKE a pint of the beſt canary, and as much balm-water, and half an ounce of *Engliſh* ſaffron; open and pull the ſaffron very well, and put it into the liquor to infuſe; let it ſtand cloſe cover'd (ſo as to be hot, but not boil) 12 hours; then ſtrain it out as hot as you can, and add to it three pound of double-refin'd ſugar; boil it till it is well incorporated, and when it is cold bottle it, and take one ſpoonful in a little ſack or ſmall cordial, as occaſion ſerves.

A Syrup

A Syrup for a Cough, or Aſthma.

TAKE of hyſſop and penniroyal water, of each a quarter of a pint, ſlice into it a ſmall ſtick of liquorice, and a few raiſins of the ſun ſtoned: let it ſimmer together a quarter of an hour, and then make it into a ſyrup with brown ſugarcandy; boil it a little, and then put in four or five ſpoonfuls of ſnail-water; give it a walm, and when it is cold, bottle it; take one ſpoonful morning and night, with three drops of balſam of ſulphur in it; you may take a little of the ſyrup without the drops once or twice a-day; if the party is ſhort-breath'd, a bliſter is very good.

To make Syrup of Balſam for a Cough.

TAKE one ounce of balſam of *Tolu*, and put to it a quart of ſpring-water, let them boil together two hours, then put in a pound of white ſugarcandy finely beaten, and let it boil half an hour longer; take out the balſam, and ſtrain the ſyrup through a flannel bag twice; when it is cold, put it in a bottle. This ſyrup is excellent for a cough, take a ſpoonful of it as you lie down in your bed, and a little at any time when your cough troubles you; you may add to it two ounces of ſyrup of red poppies, and as much of raſpberry-ſyrup.

A Syrup for a Cough.

TAKE a handful of oak-lungs, a handful of *French* moſs, a handful of maidenhair; boil all theſe in three pints of ſpring-water, till it comes to a quart; then ſtrain it out, and put to it ſix-pennyworth of ſaffron tied up in a rag, and two pound of brown ſugarcandy; boil it up to a ſyrup, and when it is cold, bottle it; take a ſpoonful of it as often as your cough troubles you.

Another.

TAKE a handful of unſet hyſſop, a handful of coltsfoot-flowers, a handful of black maiden-

hair, two handfuls of white horehound, boil theſe herbs together in three quarts of water, till it comes to 3 pints; then take it off, and let the herbs ſtand in it till it is cold; then ſqueeze them out very dry, and ſtrain the liquor, and let it boil a quarter of an hour; ſcum it well; to every pint put in half a pound of white ſugar, and let it boil, and ſcum it, till it comes to a ſyrup; when it is cold, bottle it; take two ſpoonfuls night and morning; and at any time when the cough is troubleſome take one ſpoonful; do not cork the bottles, but tie them down with paper.

For a Cough.

TAKE three quarts of ſpring-water, and put it in a large pipkin, with a calf's-foot, and four ſpoonfuls of barley, and a handful of dried poppies; boil it together till one quart be conſum'd, then ſtrain it out, and add a little cinamon, and a pint of milk, and ſweeten it to your taſte with loaf-ſugar; warm it a little, and drink half a pint as often as you pleaſe.

Another.

TAKE two ounces of raiſins of the ſun ſtoned, one ounce of brown ſugarcandy, one ounce of conſerve of roſes, add to theſe a little flower of brimſtone; mix all together well in a mortar, and take the quantity of a nutmeg night and morning.

To make Conſerve of Hips.

GATHER the hips before they grow ſoft, cut off the heads and ſtalks, ſlit them in halves, and take out all the ſeed and white that is in them very clean, then put them in an earthen pan, and ſtir 'em every day, elſe they will grow mouldy; let them ſtand till they are ſoft enough to rub thro' a coarſe hair ſieve; as the pulp comes, take it off the ſieve; they are a dry berry, and will require pains to rub it thro'; then add its weight in ſugar, and mix it well

well together without boiling, keeping it in deep gallipots for uſe.

To preſerve Apricocks ripe.

GATHER your apricocks of a fine colour, but not too ripe; weigh them, and to every pound of apricocks put a pound of double-refin'd ſugar beaten and ſifted; ſtone and pare your apricocks; as you pare them, put them into the pan you do them in, with ſugar ſtrew'd over and under them; let them not touch one another, but put ſugar between, cover them up, and let them lie till the next day; then ſtir them gently, till the ſugar is melted; then put them on a quick fire, and let them boil half an hour, ſcumming exceeding well all the while; then take it off, and cover it till it is quite cold, or till the next day; then boil it again, ſcumming it very well till it is enough, ſo put it in pots.

To preſerve green Apricocks.

TAKE green apricocks about the middle of *June*, or when the ſtone is hard; put them on the fire in cold water three or four hours, cover them cloſe, but firſt take their weight in double-refin'd ſugar; then pare them nicely, dip your ſugar in water, and boil the water and ſugar very well; then put in your apricocks, and let them boil till they begin to open; then take out the ſtone, and cloſe it up again, and put them in the ſyrup, and let them boil till they are enough, ſcumming all the while; then put 'em in pots.

To preſerve the great white Plumb.

TO a pound of plumbs take three quarters of a pound of double refin'd ſugar in lumps, dip your ſugar in water, and boil and ſcum very well; ſlit your plumbs down the ſeam, and put them into the ſyrup with the ſlit downward; let them ſtew over the fire a quarter of an hour, ſcum very well, and take them off, and when cold, turn them, and

cover them up, and turn them in the ſyrup every day, two or three times a day, for five days; then put them in pots.

To make Jelly of Currants.

STRIP your currants, put them in a jug, and infuſe in water; ſtrain out the juice upon ſugar; ſweeten to your taſte; boil it a great while, till it jellies, ſcumming all the while, and then put it in your glaſſes.

To make Apricock Chips.

PARE your apricocks, and part them in the middle; take out the ſtone, and cut them croſs-ways pretty thin; as you cut them, ſtrew a very little ſugar over them, beaten and ſifted; then ſet them on the fire, and let them ſtew gently a quarter of an hour; then take them off, cover them up, and ſet them by till the next day; then ſet them on the fire as long as before; take them out one by one, and lay them on a ſieve, ſtrew ſugar on the ſieve, and over them; dry them in the ſun, or cool oven; turn them often; when dry, put them in boxes.

To make a Sweet-Bag for Linen.

TAKE a pound of orrice-roots, a pound of ſweet calamus, a pound of cypreſs-roots, a pound of dried lemon-peel, a pound of dried orange-peel, a peck of dried roſes, make all theſe into a groſs powder; coriander-ſeed four ounces, nutmegs one ounce and half, an ounce of cloves; make all theſe into fine powder, and mix with the other; add muſk and ambergreaſe; then take four large handfuls of lavender-flowers dried and rubb'd, a handful of ſweet marjoram, a handful of orange-leaves, a handful of young walnut-leaves, all dry'd and rubb'd; mix all together, with ſome bits of cotton perfum'd with eſſences, and put it up into ſilk bags to lay with your linen.

To make the burning Perfume.

TAKE a quarter of a pound of damaſk-roſe leaves, beat them by themſelves, one ounce of orrice-root ſliced very thin, and ſteep'd in roſe-water; beat them well together, and put to it two grains of muſk, as much civet, two ounces of benjamin finely powder'd; mix all together, and add a little powder'd ſugar, and make them up in little round cakes, and lay them ſingly on papers to dry; ſet them in a window where the ſun comes; they'll dry in two or three days. Make them in *June*.

All Sorts of Made Wines.

To make Apricock Wine.

TAKE three pounds of ſugar, and three quarts of water; let them boil together, and ſcum it well; then put in ſix pounds of apricocks pared and ſtoned, and let them boil till they are tender; then take them up, and when the liquor is cold, bottle it up; you may, if you pleaſe, after you have taken out the apricocks, let the liquor have one boil with a ſprig of flower'd clary in it; the apricocks make marmalade, and are very good for preſent ſpending.

To make Damſin Wine.

GATHER your damſins, dry and weigh them, and bruiſe them with your hand, put them into an earthen ſtein that hath a foſſet; put a wreath of ſtraw before the foſſet; to every eight pound of fruit a gallon of water; boil the water, and ſcum it, and put it to your fruit ſcalding hot, and let it ſtand

two whole days; then draw it off, and put it into a veſſel fit for it, and to every gallon of liquor put two pound and a half of fine ſugar; let the veſſel be full, and ſtop it cloſe, the longer it ſtands the better; it will keep a year in the veſſel; bottle it out; the ſmall damſin is the beſt: you may put a very ſmall lump of double-refin'd ſugar in every bottle.

To make Gooſeberry Wine.

TAKE to every four pound of gooſeberries a pound and a quarter of ſugar, and a quart of fair water; bruiſe the berries, and ſteep them 24 hours in the water, ſtirring them often; then preſs the liquor from them, and put your ſugar to the liquor; then put it in a veſſel fit for it, and when it has done working, ſtop it up, and let it ſtand a month; then rack it off into another veſſel, and let it ſtand five or ſix weeks longer; then bottle it out, putting a ſmall lump of ſugar into every bottle; cork your bottles well, and at three months end it will be fit to drink. In the ſame manner, is currant and raſpberry-wine made; but cherry-wine differs, for the cherries are not to be bruiſed, but ſtoned, and put the ſugar and water together, and give it a boil and a ſcum, and then put in your fruit, and let it ſtew with a gentle fire a quarter of an hour; then let it run thro' a ſieve, without preſſing, and when it is cold, put it in a veſſel, and order it as your gooſeberry or currant-wine. The only cherries for wine, are, the great-bearers, murrey-cherries, morrelloes, black *Flanders*, or the *John Treduſkin* cherries.

Pearl Gooſeberry Wine.

TAKE as many as you pleaſe of the beſt pearl gooſeberries, and bruiſe them, and let them ſtand all night; the next morning preſs or ſqueeze them out, and let the liquor ſtand to ſettle ſeven or eight hours; then pour off the clear from the ſettling, and meaſure it as you put it into your veſſel, and to every

every three pints of liquor put a pound of double refin'd ſugar; break your ſugar in ſmall lumps, and put it in the veſſel, with a bit of iſinglaſs, and ſtop it up, and at three months end bottle it out, putting into every bottle a lump of double-refin'd ſugar. This is the fine gooſeberry-wine.

To make Cherry-Brandy.

TAKE ſix dozen pounds of cherries, half red and half black, and maſh or ſqueeze them with your hands to pieces, and put to them three gallons of brandy, and let them ſtand ſteeping 24 hours; then put the maſh'd cherries, and liquor, a little at a time, into a canvas bag, and preſs it as long as any juice will run; ſweeten it to your taſte, and put it into a veſſel fit for it, and let it ſtand a month, and bottle it out; put a lump of loaf-ſugar into every bottle.

To make Cherry-Wine.

PULL the ſtalks off the cherries, and maſh them without breaking the ſtones; then preſs them hard thro' a hair bag, and to every gallon of liquor put a pound and half of ſix-penny-ſugar; the veſſel muſt be full, and let it work as long as it makes a noiſe in the veſſel; then ſtop it up cloſe for a month or ſix weeks; when it is fine, draw it into bottles, put a lump of loaf-ſugar into every bottle, and if any of them fly, open them all for a moment, and cork them well again; it will not be fit to drink in a quarter of an year.

To make Currant-Wine.

TAKE four gallons of currants, not too ripe, and ſtrip them into an earthen ſtein that has a cover to it; then take two gallons and a half of water, and five pounds and a half of double-refin'd ſugar; boil the ſugar and water together, and ſcum it, and pour it boiling hot on the currants, and let it ſtand 48 hours; then ſtrain it thro' a flannel bag

two whole days; then draw it off, and put it into a veſſel fit for it, and to every gallon of liquor put two pound and a half of fine ſugar; let the veſſel be full, and ſtop it cloſe, the longer it ſtands the better; it will keep a year in the veſſel; bottle it out; the ſmall damſin is the beſt: you may put a very ſmall lump of double-refin'd ſugar in every bottle.

To make Gooſeberry Wine.

TAKE to every four pound of gooſeberries a pound and a quarter of ſugar, and a quart of fair water; bruiſe the berries, and ſteep them 24 hours in the water, ſtirring them often; then preſs the liquor from them, and put your ſugar to the liquor; then put it in a veſſel fit for it, and when it has done working, ſtop it up, and let it ſtand a month; then rack it off into another veſſel, and let it ſtand five or ſix weeks longer; then bottle it out, putting a ſmall lump of ſugar into every bottle; cork your bottles well, and at three months end it will be fit to drink. In the ſame manner, is currant and raſpberry-wine made; but cherry-wine differs, for the cherries are not to be bruiſed, but ſtoned, and put the ſugar and water together, and give it a boil and a ſcum, and then put in your fruit, and let it ſtew with a gentle fire a quarter of an hour; then let it run thro' a ſieve, without preſſing, and when it is cold, put it in a veſſel, and order it as your gooſeberry or currant-wine. The only cherries for wine, are, the great-bearers, murrey-cherries, morrelloes, black *Flanders*, or the *John Treduſkin* cherries.

Pearl Gooſeberry Wine.

TAKE as many as you pleaſe of the beſt pearl gooſeberries, and bruiſe them, and let them ſtand all night; the next morning preſs or ſqueeze them out, and let the liquor ſtand to ſettle ſeven or eight hours; then pour off the clear from the ſettling, and meaſure it as you put it into your veſſel, and to every

every three pints of liquor put a pound of double refin'd ſugar; break your ſugar in ſmall lumps, and put it in the veſſel, with a bit of iſinglaſs, and ſtop it up, and at three months end bottle it out, putting into every bottle a lump of double-refin'd ſugar. This is the fine gooſeberry-wine.

To make Cherry-Brandy.

TAKE ſix dozen pounds of cherries, half red and half black, and maſh or ſqueeze them with your hands to pieces, and put to them three gallons of brandy, and let them ſtand ſteeping 24 hours; then put the maſh'd cherries, and liquor, a little at a time, into a canvas bag, and preſs it as long as any juice will run; ſweeten it to your taſte, and put it into a veſſel fit for it, and let it ſtand a month, and bottle it out; put a lump of loaf-ſugar into every bottle.

To make Cherry-Wine.

PULL the ſtalks off the cherries, and maſh them without breaking the ſtones; then preſs them hard thro' a hair bag, and to every gallon of liquor put a pound and half of ſix-penny-ſugar; the veſſel muſt be full, and let it work as long as it makes a noiſe in the veſſel; then ſtop it up cloſe for a month or ſix weeks; when it is fine, draw it into bottles, put a lump of loaf-ſugar into every bottle, and if any of them fly, open them all for a moment, and cork them well again; it will not be fit to drink in a quarter of an year.

To make Currant-Wine.

TAKE four gallons of currants, not too ripe, and ſtrip them into an earthen ſtein that has a cover to it; then take two gallons and a half of water, and five pounds and a half of double-refin'd ſugar; boil the ſugar and water together, and ſcum it, and pour it boiling hot on the currants, and let it ſtand 48 hours; then ſtrain it thro' a flannel bag

into the ſtein again, and let it ſtand a fortnight to ſettle, and bottle it out.

To make ſtrong Mead.

TAKE of ſpring-water what quantity you pleaſe, and make it more than blood-warm, and diſſolve honey in it till it is ſtrong enough to bear an egg, the breadth of a ſhilling; then boil it gently, near an hour, taking off the ſcum as it riſes; then put to about nine or ten gallons, ſeven or eight large blades of mace, three nutmegs quarter'd, 20 cloves, three or four ſticks of cinamon, two or three roots of ginger, and a quarter of an ounce of *Jamaica* pepper; put theſe ſpices into the kettle to the honey and water, a whole lemon, with a ſprig of ſweet-brier, and a ſprig of roſemary; tie the brier and roſemary together, and when they have boil'd a little while, take them out, and throw them away; but let your liquor ſtand on the ſpice in a clean earthen pot till the next day; then ſtrain it into a veſſel that is fit for it; put the ſpice in a bag, and hang it in the veſſel, ſtop it, and at three months draw it into bottles; be ſure that it is fine when it is bottled; after it is bottled ſix weeks, it is fit to drink.

To make ſmall white Mead.

TAKE three gallons of ſpring-water, and make it hot, and diſſolve in it three quarts of honey, and a pound of loaf-ſugar; and let it boil about half an hour, and ſcum it as long as any riſes; then pour it out into a tub, and ſqueeze in the juice of four lemons, put in the rinds of but two, 20 cloves, two races of ginger, a top of ſweet-brier, and a top of roſemary; let it ſtand in a tub till it is but blood-warm; then make a brown toaſt, and ſpread it with two or three ſpoonfuls of ale-yeaſt, put it into a veſſel fit for it; let it ſtand four or five days, then bottle it out.

To make Raiſin Wine.

TAKE two gallons of ſpring-water, and let it boil half an hour; then put into a ſtein-pot two pounds of raiſins ſtoned, two pounds of ſugar, the rind of two lemons, the juice of four lemons; then pour the boiling water on the things in the ſtein, and let it ſtand cover'd four or five days; ſtrain it out, and bottle it up; in 15 or 16 days it will be fit to drink; it is a very cool and pleaſant drink in hot weather.

To make Shrub.

TAKE two quarts of brandy, and put it in a large bottle, and put into it the juice of five lemons, the peels of two, half a nutmeg, ſtop it up, and let it ſtand three days, and add to it three pints of white wine, a pound and half of ſugar; mix it, and ſtrain it twice thro' a flannel, and bottle it up: it is a pretty wine, and a cordial.

To make Orange Wine.

PUT 12 pounds of fine ſugar, and the whites of 8 eggs well beaten, into 6 gallons of ſpring-water; let it boil an hour, ſcumming it all the time; take it off, and when it is pretty cool, put in the juice and rind of 50 *Sevil* oranges, and ſix ſpoonfuls of good ale-yeaſt, and let it ſtand two days; then put it into your veſſel, with two quarts of rheniſh wine, and the juice of twelve lemons; you muſt let the juice of lemons and wine, and two pounds of double-refin'd ſugar, ſtand cloſe cover'd, 10 or 12 hours, before you put it in the veſſel to your orange wine, and ſcum off the ſeeds before you put it in; the lemon-peels muſt be put in with the oranges, half the rinds muſt be put into the veſſel; it muſt ſtand 10 or 12 days before it is fit to bottle.

To make Birch Wine.

IN *March* bore a hole in a tree, and put in a faucet, and it will run two or three days together without

into the ſtein again, and let it ſtand a fortnight to ſettle, and bottle it out.

To make ſtrong Mead.

TAKE of ſpring-water what quantity you pleaſe, and make it more than blood-warm, and diſſolve honey in it till it is ſtrong enough to bear an egg, the breadth of a ſhilling; then boil it gently, near an hour, taking off the ſcum as it riſes; then put to about nine or ten gallons, ſeven or eight large blades of mace, three nutmegs quarter'd, 20 cloves, three or four ſticks of cinamon, two or three roots of ginger, and a quarter of an ounce of *Jamaica* pepper; put theſe ſpices into the kettle to the honey and water, a whole lemon, with a ſprig of ſweet-brier, and a ſprig of roſemary; tie the brier and roſemary together, and when they have boil'd a little while, take them out, and throw them away; but let your liquor ſtand on the ſpice in a clean earthen pot till the next day; then ſtrain it into a veſſel that is fit for it; put the ſpice in a bag, and hang it in the veſſel, ſtop it, and at three months draw it into bottles; be ſure that it is fine when it is bottled; after it is bottled ſix weeks, it is fit to drink.

To make ſmall white Mead.

TAKE three gallons of ſpring-water, and make it hot, and diſſolve in it three quarts of honey, and a pound of loaf-ſugar; and let it boil about half an hour, and ſcum it as long as any riſes; then pour it out into a tub, and ſqueeze in the juice of four lemons, put in the rinds of but two, 20 cloves, two races of ginger, a top of ſweet-brier, and a top of roſemary; let it ſtand in a tub till it is but blood-warm; then make a brown toaſt, and ſpread it with two or three ſpoonfuls of ale-yeaſt, put it into a veſſel fit for it; let it ſtand four or five days, then bottle it out.

To make Raiſin Wine.

TAKE two gallons of ſpring-water, and let it boil half an hour; then put into a ſtein-pot two pounds of raiſins ſtoned, two pounds of ſugar, the rind of two lemons, the juice of four lemons; then pour the boiling water on the things in the ſtein, and let it ſtand cover'd four or five days; ſtrain it out, and bottle it up; in 15 or 16 days it will be fit to drink; it is a very cool and pleaſant drink in hot weather.

To make Shrub.

TAKE two quarts of brandy, and put it in a large bottle, and put into it the juice of five lemons, the peels of two, half a nutmeg, ſtop it up, and let it ſtand three days, and add to it three pints of white wine, a pound and half of ſugar; mix it, and ſtrain it twice thro' a flannel, and bottle it up: it is a pretty wine, and a cordial.

To make Orange Wine.

PUT 12 pounds of fine ſugar, and the whites of 8 eggs well beaten, into 6 gallons of ſpring-water; let it boil an hour, ſcumming it all the time; take it off, and when it is pretty cool, put in the juice and rind of 50 *Sevil* oranges, and ſix ſpoonfuls of good ale-yeaſt, and let it ſtand two days; then put it into your veſſel, with two quarts of rheniſh wine, and the juice of twelve lemons; you muſt let the juice of lemons and wine, and two pounds of double-refin'd ſugar, ſtand cloſe cover'd, 10 or 12 hours, before you put it in the veſſel to your orange wine, and ſcum off the ſeeds before you put it in; the lemon-peels muſt be put in with the oranges, half the rinds muſt be put into the veſſel; it muſt ſtand 10 or 12 days before it is fit to bottle.

To make Birch Wine.

IN *March* bore a hole in a tree, and put in a faucet, and it will run two or three days together without

without hurting the tree; then put in a pin to ſtop it, and the next year you may draw as much from the ſame hole; put to every gallon of the liquor a quart of good honey, and ſtir it well together, boil it an hour, ſcum it well, and put in a few cloves, and a piece of lemon-peel; when it is almoſt cold, put to it ſo much ale-yeaſt as will make it work like new ale; and when the yeaſt begins to ſettle, put it in a runlet that will juſt hold it; ſo let it ſtand 6 weeks, or longer if you pleaſe; then bottle it, and in a month you may drink it; it will keep a year or two; you may make it with ſugar, two pounds to a gallon, or ſomething more, if you keep it long; this is admirably wholeſome, as well as pleaſant, an opener of obſtructions, good againſt the phthiſick, and good againſt the ſpleen and ſcurvy, a remedy for the ſtone; it will abate heat in a fever or thruſh, and has been given with good ſucceſs.

To make Sage-Wine.

BOIL 26 quarts of ſpring-water a quarter of an hour, and when it is blood-warm, put 25 pound of *Malaga* raiſins pick'd, rubb'd, and ſhred into it, with almoſt half a buſhel of red ſage ſhred, and a porringer of ale-yeaſt; ſtir all well together, and let it ſtand in a tub cover'd warm 6 or 7 days, ſtirring it once a day; then ſtrain it out, and put it in a runlet; let it work three or four days, ſtop it up; when it has ſtood 6 or 7 days, put in a quart or two of *Malaga* ſack; and when it is fine, bottle it.

To make Cowſlip-Wine.

TO ſix gallons of water put 14 pounds of ſugar, ſtir it well together, and beat the whites of 20 eggs very well, and mix it with the liquor, and make it boil as faſt as poſſible; ſcum it well, and let it continue boiling two hours; then ſtrain it thro' a hair ſieve, and ſet it a cooling; and when it is as cold as wort ſhould be, put a ſmall quantity of yeaſt to it on a toaſt, or in a diſh; let it ſtand all night working,

working, then bruiſe a pack of cowſlips, and put them into your veſſel, and your liquor upon them, and ſix ounces of ſyrup of lemons; cut a turf of graſs and lay on the bung; let it ſtand a fortnight, and then bottle it. Put your tap into your veſſel, before you put your wine in, that you may not ſhake it.

To make Raſpberry-Wine.

TAKE your quantity of raſpberries, and bruiſe them, put them in an open pot 24 hours; then ſqueeze out the juice, and to every gallon put three pound of fine ſugar, and two quarts of canary; put it into a ſtein or veſſel, and when it hath done working, ſtop it cloſe; when 'tis fine, bottle it. It muſt ſtand two months before you drink it.

To make Raſpberry-Wine another way.

POUND your fruit, and ſtrain them through a cloth; then boil as much water as juice of raſpberries, and when 'tis cold put it to your ſqueezings: Let it ſtand together five hours; then ſtrain it, and mix it with the juice, and to every gallon of this liquor put two pound and half of fine ſugar: Let it ſtand in an earthen veſſel cloſe cover'd a week; then put it in a veſſel fit for it, and let it ſtand a month, or till 'tis fine; bottle it off.

To make Morella Cherry-Wine.

LET your cherries be very ripe, pick off the ſtalks, and bruiſe your fruit without breaking the ſtones; put them in an open veſſel together; let them ſtand twenty-four hours, then preſs 'em, and to every gallon put two pound of fine ſugar; then put it up in your cask; and when it has done working, ſtop it cloſe, let it ſtand three or four months, and bottle it; it will be fit to drink in two months.

To make Quince Wine.

TAKE your quinces when they are thorough ripe, wipe off the fur very clean; then take out the cores, and bruiſe them as you do apples for cyder, and preſs them, and to every gallon of juice put two pounds and a half of fine ſugar, ſtir it together till 'tis diſſolv'd; then put it in your cask, and when it has done working, ſtop it cloſe; let it ſtand till *March* before you bottle it. You may keep it two or three years, it will be better.

Another ſort of Raſpberry Wine.

TAKE four gallons of raſpberries, and put them in an earthen pot; and then take four gallons of water, and boil it two hours, and let it ſtand till 'tis blood-warm, and put it to the raſpberries, and ſtir them well together; and let it ſtand 12 hours, then ſtrain it off, and to every gallon of liquor put three pound of loaf-ſugar, and ſet it over a clear fire, and let it boil till all the ſcum is taken off; and when 'tis cold put it into bottles, and open the corks every day for a fortnight, and then ſtop 'em cloſe.

To make Lemon Wine.

TAKE ſix large lemons, pare off the rind and cut the lemons, and ſqueeze out the juice, and in the juice ſteep the rind, and put it to a quart of brandy, and let it ſtand in an earthen pot cloſe ſtopt three days, and then ſqueeze ſix more, and mix with two quarts of ſpring-water, and as much ſugar as will ſweeten the whole, and boil the water and lemons and ſugar together, and let it ſtand till 'tis cool; then add a quart of white-wine and the other lemon and brandy, and mix them together, and run it through a flannel bag into ſome veſſel. Let it ſtand three months, and bottle it off. Cork your bottles very well, and keep it cool; it will be fit to drink in a month or ſix weeks.

To make Elder Wine.

TAKE twenty-five pound of *Malaga* raiſins, rub them and ſhred them ſmall; then take five gallons of fair water; boil it an hour, and let it ſtand till it is but blood-warm; then put it in an earthen crock or tub with your raiſins; let them ſteep ten days, ſtirring them once or twice a day; then paſs the liquor through a hair ſieve, and have in readineſs five pints of the juice of elder-berries drawn off as you do for jelly of currants; then mix it cold with the liquor, and ſtir it well together, and put it in a veſſel, and let it ſtand in a warm place, and when it has done working, ſtop it cloſe. Bottle it about *Candlemas*.

To make Barley Water.

TAKE of pearl-barley four ounces, put it in a large pipkin, and cover it with water; when the barley is thick and tender, put in more water, and boil it up again, and ſo do till 'tis of a good thickneſs to drink; then put in a blade or two of mace, or a ſtick of cinamon. Let it have a walm or two, and ſtrain it out, and ſqueeze in the juice of two or three lemons, and a bit of the peel, and ſweeten it to your taſte with fine ſugar; let it ſtand till 'tis cold, and then run it thro' a bag, and bottle it out: it will keep three or four days.

To make Barley Wine.

TAKE half a pound of *French* barley, and boil it in three waters, and ſave three pints of the laſt water, and mix it with a quart of white wine, half a pint of borage-water, as much clary-water, and a little red roſe-water, the juice of five or ſix lemons, three quarters of a pound of fine ſugar, the thin yellow rind of a lemon; brew all theſe quick together, run it through a ſtrainer, and bottle it up; 'tis pleaſant in hot weather, and very good in fevers.

To make Quince Wine.

TAKE your quinces when they are thorough ripe, wipe off the fur very clean; then take out the cores, and bruiſe them as you do apples for cyder, and preſs them, and to every gallon of juice put two pounds and a half of fine ſugar, ſtir it together till 'tis diſſolv'd; then put it in your cask, and when it has done working, ſtop it cloſe; let it ſtand till *March* before you bottle it. You may keep it two or three years, it will be better.

Another ſort of Raſpberry Wine.

TAKE four gallons of raſpberries, and put them in an earthen pot; and then take four gallons of water, and boil it two hours, and let it ſtand till 'tis blood-warm, and put it to the raſpberries, and ſtir them well together; and let it ſtand 12 hours, then ſtrain it off, and to every gallon of liquor put three pound of loaf-ſugar, and ſet it over a clear fire, and let it boil till all the ſcum is taken off; and when 'tis cold put it into bottles, and open the corks every day for a fortnight, and then ſtop 'em cloſe.

To make Lemon Wine.

TAKE ſix large lemons, pare off the rind and cut the lemons, and ſqueeze out the juice, and in the juice ſteep the rind, and put it to a quart of brandy, and let it ſtand in an earthen pot cloſe ſtopt three days, and then ſqueeze ſix more, and mix with two quarts of ſpring-water, and as much ſugar as will ſweeten the whole, and boil the water and lemons and ſugar together, and let it ſtand till 'tis cool; then add a quart of white-wine and the other lemon and brandy, and mix them together, and run it through a flannel bag into ſome veſſel. Let it ſtand three months, and bottle it off. Cork your bottles very well, and keep it cool; it will be fit to drink in a month or ſix weeks.

To make Elder Wine.

TAKE twenty-five pound of *Malaga* raiſins, rub them and ſhred them ſmall; then take five gallons of fair water; boil it an hour, and let it ſtand till it is but blood-warm; then put it in an earthen crock or tub with your raiſins; let them ſteep ten days, ſtirring them once or twice a day; then paſs the liquor through a hair ſieve, and have in readineſs five pints of the juice of elder-berries drawn off as you do for jelly of currants; then mix it cold with the liquor, and ſtir it well together, and put it in a veſſel, and let it ſtand in a warm place, and when it has done working, ſtop it cloſe. Bottle it about *Candlemas*.

To make Barley Water.

TAKE of pearl-barley four ounces, put it in a large pipkin, and cover it with water; when the barley is thick and tender, put in more water, and boil it up again, and ſo do till 'tis of a good thickneſs to drink; then put in a blade or two of mace, or a ſtick of cinamon. Let it have a walm or two, and ſtrain it out, and ſqueeze in the juice of two or three lemons, and a bit of the peel, and ſweeten it to your taſte with fine ſugar; let it ſtand till 'tis cold, and then run it thro' a bag, and bottle it out: it will keep three or four days.

To make Barley Wine.

TAKE half a pound of *French* barley, and boil it in three waters, and ſave three pints of the laſt water, and mix it with a quart of white wine, half a pint of borage-water, as much clary-water, and a little red roſe-water, the juice of five or ſix lemons, three quarters of a pound of fine ſugar, the thin yellow rind of a lemon; brew all theſe quick together, run it through a ſtrainer, and bottle it up; 'tis pleaſant in hot weather, and very good in fevers.

To make Plumb-Wine.

TAKE twenty pounds of *Malaga* raiſins, pick, rub, and ſhred them, and put them into a tub; then take four gallons of fair water, and boil it an hour, and let it ſtand till 'tis blood-warm; then put it to your raiſins; let it ſtand nine or ten days, ſtirring it once or twice a day; ſtrain out your liquor, and mix with it two quarts of damſin juice; put it in a veſſel, and when it has done working, ſtop it cloſe; at four or five months bottle it.

To make Ebulum.

TO a hogſhead of ſtrong ale, take a heap'd buſhel of elder-berries, and half a pound of juniper-berries beaten; put in all the berries when you put in the hops, and let them boil together till the berries break in peaces; then work it up as you do ale; when it has done working, add to it half a pound of ginger, half an ounce of cloves, as much mace, an ounce of nutmegs, and as much cinamon groſly beaten, half a pound of citron, as much eringo-root, and likewiſe of candied orange peel; let the ſweet-meats be cut in pieces very thin, and put with the ſpice into a bag, and hang it in the veſſel when you ſtop it up. So let it ſtand till 'tis fine, then bottle it up, and drink it with lumps of double-refin'd ſugar in the glaſs.

To make Cock Ale.

TAKE ten gallons of ale, and a large cock, the older the better; parboil the cock, flay him, and ſtamp him in a ſtone mortar till his bones are broken (you muſt craw and gut him when you flay him); then put the cock into two quarts of ſack, and put to it three pounds of raiſins of the ſun ſtoned, ſome blades of mace, and a few cloves; put all theſe into a canvas bag, and a little before you find the ale has done working, put the ale and bag together into a veſſel; in a week or nine days time bottle it up;

up; fill the bottle but juſt above the neck, and give it the ſame time to ripen as other ale.

To make Elder-Wine at Chriſtmas.

TAKE twenty pounds of *Malaga* or *Lipara* raiſins, rub them clean, and ſhred them ſmall; then take five gallons of water, boil it an hour, and when 'tis near cold, put it in a tub with the raiſins; let them ſteep ten days, and ſtir them once or twice a day; then ſtrain it through a hair ſieve, and by infuſion draw three pints of elder juice, and one pint of damſin juice; make the juice into a thin ſyrup, a pound of ſugar to a pint of juice; and not boil it much, but juſt enough to keep: When you have ſtrained out the raiſin-liquor, put that and the ſyrup into a veſſel fit for it, and two pound of ſugar; ſtop the bung with a cork, till it gathers to a head; then open it, and let it ſtand till it has done working; then put the cork in again, and ſtop it very cloſe, and let it ſtand in a warm place two or three months, and then bottle it; make the elder and damſin juice into ſyrup in its ſeaſon, and keep it in a cool cellar, till you have convenience to make the wine.

To make fine Milk-Punch.

TAKE two quarts of water, one quart of milk, half a pint of lemon juice, and one quart of brandy, ſugar to your taſte; put the milk and water together a little warm, then the ſugar, then the lemon juice, ſtir it well together; then the brandy; ſtir it again, and run it through a flannel bag till 'tis very fine; then bottle it; it will keep a fortnight or more.

To make Mead.

TO 13 gallons of water put 32 pound of honey; boil and ſcum it well, then take roſemary, thyme, bay-leaves, and ſweet-brier, one handful all together; boil it an hour, then put it into a tub with

To make Plumb-Wine.

TAKE twenty pounds of *Malaga* raisins, pick, rub, and shred them, and put them into a tub; then take four gallons of fair water, and boil it an hour, and let it stand till 'tis blood-warm; then put it to your raisins; let it stand nine or ten days, stirring it once or twice a day; strain out your liquor, and mix with it two quarts of damsin juice; put it in a vessel, and when it has done working, stop it close; at four or five months bottle it.

To make Ebulum.

TO a hogshead of strong ale, take a heap'd bushel of elder-berries, and half a pound of juniper-berries beaten; put in all the berries when you put in the hops, and let them boil together till the berries break in peaces; then work it up as you do ale; when it has done working, add to it half a pound of ginger, half an ounce of cloves, as much mace, an ounce of nutmegs, and as much cinamon grosly beaten, half a pound of citron, as much eringo-root, and likewise of candied orange peel; let the sweet-meats be cut in pieces very thin, and put with the spice into a bag, and hang it in the vessel when you stop it up. So let it stand till 'tis fine, then bottle it up, and drink it with lumps of double-refin'd sugar in the glass.

To make Cock Ale.

TAKE ten gallons of ale, and a large cock, the older the better; parboil the cock, flay him, and stamp him in a stone mortar till his bones are broken (you must craw and gut him when you flay him); then put the cock into two quarts of sack, and put to it three pounds of raisins of the sun stoned, some blades of mace, and a few cloves; put all these into a canvas bag, and a little before you find the ale has done working, put the ale and bag together into a vessel; in a week or nine days time bottle it up;

up; fill the bottle but just above the neck, and give it the same time to ripen as other ale.

To make Elder-Wine at Christmas.

TAKE twenty pounds of *Malaga* or *Lipara* raisins, rub them clean, and shred them small; then take five gallons of water, boil it an hour, and when 'tis near cold, put it in a tub with the raisins; let them steep ten days, and stir them once or twice a day; then strain it through a hair sieve, and by infusion draw three pints of elder juice, and one pint of damsin juice; make the juice into a thin syrup, a pound of sugar to a pint of juice; and not boil it much, but just enough to keep: When you have strained out the raisin-liquor, put that and the syrup into a vessel fit for it, and two pound of sugar; stop the bung with a cork, till it gathers to a head; then open it, and let it stand till it has done working; then put the cork in again, and stop it very close, and let it stand in a warm place two or three months, and then bottle it; make the elder and damsin juice into syrup in its season, and keep it in a cool cellar, till you have convenience to make the wine.

To make fine Milk-Punch.

TAKE two quarts of water, one quart of milk, half a pint of lemon juice, and one quart of brandy, sugar to your taste; put the milk and water together a little warm, then the sugar, then the lemon juice, stir it well together; then the brandy; stir it again, and run it through a flannel bag till 'tis very fine; then bottle it; it will keep a fortnight or more.

To make Mead.

TO 13 gallons of water put 32 pound of honey; boil and scum it well, then take rosemary, thyme, bay-leaves, and sweet-brier, one handful all together; boil it an hour, then put it into a tub with

with two or three good handfuls of down-ground malt: Stir it till 'tis but blood-warm, then ſtrain it through a cloth, and put it into a tub again; then cut a toaſt round a quartern loaf, and ſpread it over with good ale-yeaſt, and put it into your tub; and when the liquor is quite over with the yeaſt, put it up in your veſſel; then take cloves, mace, nutmegs, an ounce and a half, ginger an ounce ſliced, bruiſe the ſpice, and tie all up in a rag, and hang it in the veſſel. Stop it up cloſe for uſe.

Sage Wine another way.

TAKE thirty pounds of *Malaga* raiſins pick'd clean, and ſhred ſmall, and one buſhel of green ſage ſhred ſmall; then boil five gallons of water, let the water ſtand till 'tis luke-warm; then put it in a tub to your ſage and raiſins; let it ſtand five or ſix days, ſtirring it twice or thrice a day; then ſtrain and preſs the liquor from the ingredients, put it in a cask, and let it ſtand ſix months; then draw it clean off into another veſſel; bottle it in two days; in a month or ſix weeks it will be fit to drink, but beſt when 'tis a year old.

To make Palermo *Wine.*

TAKE to every quart of water a pound of *Malaga* raiſins, rub and cut the raiſins ſmall, and put them to the water, and let them ſtand ten days, ſtirring it once or twice a day; you may boil the water an hour before you put it to the raiſins, and let it ſtand to cool; at ten days end ſtrain out your liquor, and put a little yeaſt to it; and at three days put it in the veſſel with one ſprig of dried worm-wood; let it be cloſe ſtopp'd, and at three months end bottle it off.

To make Clary Wine.

TAKE twenty-four pounds of *Malaga* raiſins, pick them and chop them very ſmall, put them in a tub, and to each pound a quart of water; let them

them ſteep ten or eleven days, ſtirring it twice every day; you muſt keep it covered cloſe all the while; then ſtrain it off, and put it into a veſſel, and about half a peck of the tops of clary when 'tis in bloſſom; ſtop it cloſe for ſix weeks, and then bottle it off; in two or three months 'tis fit to drink. 'Tis apt to have a great ſettlement at bottom, therefore 'tis beſt to draw it off by plugs, or tap it pretty high.

To recover Wine that is turned ſharp.

RACK off your wine into another veſſel, and to ten gallons put the following powder; take oyſter-ſhells, ſcrape and waſh off the brown dirty outſide of the ſhell; then dry them in an oven till they will powder, a pound of this powder to every nine or ten gallons of your wine: ſtir it well together, and ſtop it up, and let it ſtand to ſettle two or three days, or till 'tis fine; as ſoon as 'tis fine, bottle it off, and cork it well.

To fine Wine the Lisbon *way.*

TO every twenty gallons of wine take the whites of ten eggs, and a ſmall handful of ſalt; beat it together to a froth, and mix it well with a quart or more of the wine; then pour it into the veſſel, and in a few days it will be fine.

To clear Wine.

TAKE half a pound of hartſhorn, and diſſolve it in cyder, if it be for cyder, or rheniſh-wine for any liquor. This is enough for a hogſhead.

To make Raiſin Wine.

TAKE the beſt *Malaga* raiſins, and pick the large ſtalks out, and have your water ready boil'd and cold; meaſure as many gallons as you deſign to make, and put it into a great tub, that it may have room to ſtir: to every gallon of water put ſix pounds of raiſins, and let it ſtand fourteen

days, ſtirring it twice a day; when you ſtrain it off, or preſs it, you muſt do nothing to it, but leave enough to fill up your caſk, which you muſt do as it waſtes: it will be two months or more before it has done working; you muſt not ſtop it while you hear it hiſs.

To make Orange Wine with Raiſins.

TAKE thirty pounds of new *Malaga* raiſins, pick them clean, and chop them ſmall; you muſt have twenty large Seville oranges, ten of them you muſt pare as thin as for preſerving. Boil about eight gallons of ſoft water, till a third part be conſumed; let it cool a little, then put five gallons of it hot upon your raiſins and orange-peel; ſtir it well together, cover it up, and when 'tis cold, let it ſtand five days, ſtirring it up once or twice a day; then paſs it through a hair ſieve, and with a ſpoon preſs it as dry as you can, and put it in a runlet fit for it, and put to it the rinds of the other ten oranges, cut as thin as the firſt; then make a ſyrup of the juice of twenty oranges, with a pound of white ſugar. It muſt be made the day before you tun it up; ſtir it well together, and ſtop it cloſe: let it ſtand two months to clear, then bottle it up; it will keep three years, and is better for keeping.

To make Cherry Wine.

PULL off the ſtalks of the cherries, and maſh them without breaking the ſtones; then preſs them hard thro' a hair bag, and to every gallon of liquor put two pounds of eight-penny ſugar. The veſſel muſt be full, and let it work as long as it makes a noiſe in the veſſel; then ſtop it up cloſe for a month or more, and when 'tis fine, draw it into dry bottles, and put a lump of ſugar into every bottle. If it makes them fly, open them all for a moment, and ſtop them up again; it will be fit to drink in a quarter of a year.

To

To make Gooſeberry Wine.

BOIL eight gallons of water and one pound of ſugar an hour, ſcum it well, and let it ſtand till 'tis cold; then to every quart of that water allow three pounds of gooſeberries, firſt beaten or bruiſed very well; let it ſtand twenty-four hours; then ſtrain it out, and to every gallon of this liquor put three pounds of ſeven-penny ſugar; let it ſtand in the fat twelve hours; then take the thick ſcum off, and put the clear into a veſſel fit for it, and let it ſtand a month; then draw it off, and rinſe the veſſel with ſome of the liquor, and put it in again, and let it ſtand four months, and bottle it.

To make Frontiniac *Wine.*

TAKE ſix gallons of water and twelve pounds of white ſugar, and ſix pounds of raiſins of the ſun cut ſmall; boil theſe together an hour; then take of the flowers of elder, when they are falling, and will ſhake off, the quantity of half a peck; put them in the liquor when 'tis almoſt cold; the next day put in ſix ſpoonfuls of ſyrup of lemons, and four ſpoonfuls of ale-yeaſt, and two days after put it in a veſſel that is fit for it, and when it has ſtood two months, bottle it off.

To make Engliſh *Champagne, or the fine Currant Wine.*

TAKE to three gallons of water nine pounds of *Lisbon* ſugar; boil the water and ſugar half an hour, ſcum it clean, then have one gallon of currants pick'd, but not bruiſed; pour the liquor boiling-hot over them, and when cold, work it with half a pint of balm two days; then pour it through a flannel or ſieve, then put it into a barrel fit for it, with half an ounce of iſinglaſs well bruiſed; when it has done working, ſtop it cloſe for a month, then bottle it, and in every bottle put a very ſmall lump

of double-refin'd sugar; this is excellent wine, and has a beautiful colour.

To make Saragossa *Wine, or* English *Sack.*

TO every quart of water put a sprig of rue, and to every gallon a handful of fennel-roots; boil these half an hour, then strain it out, and to every gallon of this liquor put three pound of honey, boil it two hours, and scum it well, and when it is cold, pour it off, and tun it into a vessel, or such cask as is fit for it; keep it a year in the vessel, and then bottle it; it is a very good sack.

To make Cyder.

PULL your fruit before it is too ripe, and let it lie but one or two days, to have one good sweat; your apples must be pippins, pearmains, or harveys (if you mix winter and summer fruit together, it is never good); grind your apples, and press it; and when your fruit is all press'd, put it immediately into a hogshead, where it may have some room to work, but no vent, but a little hole near the hoops but close bung'd; put three or four pound of raisins into a hogshead, and two pound of sugar, it will make it work better; often racking it off is the best way to fine it, and always rack it into small vessels, keeping them close bung'd, and only a small vent-hole; if it should work after racking, put into your vessel some raisins for it to feed on; and bottle it in *March.*

To make the fine Clary-wine.

TO ten gallons of water put 25 pound of sugar, and the whites of 12 eggs well beaten; set it over the fire, and let it boil gently near an hour; scum it clean, and put it in a tub, and when it is near cold, then put into the vessel you keep it in, about half a strike of clary in the blossom, stript from the stalks, flowers and little leaves together, and a pint of new ale-yeast; then put in the liquor, and stir it two or three times a-day for three days; when

it

it has done working, ſtop it up; and bottle it at three or four months old, if it is clear.

To make Currant-wine.

GATHER your currants full ripe, ſtrip them and bruiſe them in a mortar, and to every gallon of the pulp put two quarts of water, firſt boil'd, and cold; you may put in ſome raſps, if you pleaſe; let it ſtand in a tub 24 hours to ferment, then let it run thro' a hair ſieve; let no hand touch it, let it take its time to run; and to every gallon of this liquor put two pounds and a half of white ſugar; ſtir it well, and put it in your veſſel, and to every ſix gallons put in a quart of the beſt rectified ſpirit of wine; let it ſtand ſix weeks, and bottle it; if it is not very fine, empty it into other bottles, or at firſt draw it into large bottles; and then, after it has ſtood a fortnight, rack it off into ſmaller.

To make Elder-flower-wine.

TAKE two large handfuls of dry'd elder-flowers, and ten gallons of ſpring-water; boil the water, and pour it ſcalding hot upon the flowers; the next day put to every gallon of water five pound of *Malaga* raiſins, the ſtalks being firſt pick'd off, but not waſh'd; chop them groſsly with a chopping-knife, then put them into your boil'd water, and ſtir the water, raiſins and flowers well together; and ſo do twice a-day for twelve days; then preſs out the juice clear, as long as you can get any liquor out; then put it in your barrel fit for it, and ſtop it up two or three days, till it works; and in a few days ſtop it up cloſe, and let it ſtand two or three months, till it is clear, then bottle it.

To make Elder-wine.

TAKE ſpring-water, and let it boil half an hour; then meaſure five gallons, and let it ſtand to cool; then have in readineſs 20 pound of raiſins of the ſun well pick'd and rubb'd in a cloth, and hack

them ſo as to cut them, but not too ſmall; then put them in, the water being cold, and let them ſtand nine days, ſtirring them two or three times a-day; then have ready ſix pints of juice of elder-berries full ripe, which muſt be infuſed in boiling water, or baked three hours; then ſtrain out the raiſins, and when the elder-liquor is cold, mix that with it; but it is beſt to boil up the juice to a ſyrup, a pound of ſugar to every pint of juice; boil and ſcum it, and when cold, mix it with your raiſin-liquor, and three or four ſpoonfuls of good ale-yeaſt; ſtir it well together, then tun it up in a veſſel fit for it; let it ſtand in a warm place to work, and in your cellar five or ſix months.

To make Gooſeberry-wine.

TAKE 24 quarts of gooſeberries full ripe, and 12 quarts of water, after it has been boiled two hours; pick and bruiſe your gooſeberries one by one in a platter with a rolling-pin as little as you can, ſo they be all bruiſed; then put the water when it is cold on your maſh'd gooſeberries, and let them ſtand together 12 hours; and when you drain it off, be ſure to take none but the clear; then meaſure the liquor, and to every quart of that liquor put 3 quarters of a pound of fine ſugar, the one half loaf-ſugar; let it ſtand to diſſolve ſix or eight hours, ſtirring it two or three times; then put it in your veſſels, with two or three ſpoonfuls of the beſt new yeaſt; ſtop it eaſy at firſt, that it may work if it will; and when you ſee it has done working, or will not work, ſtop it cloſe, and bottle it in froſty weather.

Mountain Wine.

PICK out the big ſtalks of your *Malaga* raiſins, then chop them very ſmall, 5 pounds to every gallon of cold ſpring-water; let them ſteep a fortnight or more, ſqueeze out the liquor, and barrel it in a veſſel fit for it; firſt fume the veſſel with brimſtone; don't ſtop it up till the hiſſing is over.

Lemon-

Lemon-wine; or, What may paſs for Citron-water.

TAKE two quarts of brandy, and one quart of ſpring-water, half a pound of double-refin'd ſugar, and the rinds of 16 lemons; put them together in an earthen pot, and pour into it 12 ſpoonfuls of milk boiling hot; ſtir it together, and let it ſtand three days; then take off the top, and paſs the other two or three times thro' a jelly-bag; bottle it; it is fit to drink, or will keep a year or two.

To make Strong-beer.

TO a barrel of beer, take two buſhels of malt, and half a buſhel of wheat, juſt crack'd in the mill, and ſome of the flour ſifted out of it; when your water is ſcalding hot, put it in your maſhing-fat; there let it ſtand till you can ſee your face in it; then put your malt upon it, then put your wheat upon that, and do not ſtir it; let it ſtand two hours and a half, then let it run into a tub that has two pound of hops in it, and a handful of roſemary flowers; and when it is all run, put it in your copper, and boil it two hours; then ſtrain it off, ſetting it a cooling very thin, and ſet it a working very cool; clear it very well before you put it a working, put a little yeaſt to it; when the yeaſt begins to fall, put it into your veſſel, and when it has done working in the veſſel, put in a pint of whole wheat, and ſix eggs; then ſtop it up, let it ſtand a year, and then bottle it; then maſh again, ſtir the malt very well in, and let it ſtand two hours, and let that run, and maſh again, and ſtir it as before; be ſure you cover your maſhing-fat well up; mix the firſt and ſecond running together, it will make good houſhold beer.

To make Elder-Ale.

TAKE ten buſhels of malt to a hogſhead, then put two buſhels of elder-berries, pick'd from

the ſtalks, into a pot or earthen pan, and ſet it in a pot of boiling water till the berries ſwell; then ſtrain it out, and put the juice into the guile-fat, and beat it often in; and ſo order it as the common way of brewing.

All Sorts of Cordial-waters.

The great Palſy-water.

TAKE of ſage, roſemary, and betony-flowers, of each half a handful; borage, and bugloſs-flowers, of each a handful; of lily of the valley and cowſlip-flowers, of each four or five handfuls; ſteep theſe in the beſt ſpirit of ſack, every thing in their ſeaſon, till all is in; then put to them balm, ſpike-flowers, mother-wort, bay-leaves, leaves of orange-tree, with the flowers, of each one ounce; then put in citron-peel, piony-ſeeds, and cinamon, of each half an ounce; nutmegs, cardamums, mace, cubebs, yellow-ſanders, of each half an ounce; lignum aloes, one dram; make all theſe into powder; then add jujubes, the ſtones taken out, and cut in pieces, half a pound; then add pearl prepar'd, ſmaragdes, muſk and ſaffron, of each ten grains; ambergreaſe one ſcruple, red roſes dry'd one ounce; as many lavender-flowers, ſtript from their ſtalks, as will fill a gallon glaſs; ſteep all theſe a month, and diſtil them in an alembick very carefully; after it is ſtill'd, hang a bag in it with theſe ingredients in it, pearl prepar'd, ſmaragdes, muſk and ſaffron, of each ten grains; ambergreaſe one ſcruple; red roſes dry'd, red and yellow ſanders, of each one ounce; hang them in a white ſarſnet bag in the water, ſtop it cloſe. The virtues of this water: It is of excellent uſe in all

all ſwoonings, in weakneſs of heart, and decay of ſpirits; it reſtores ſpeech in apoplexies and palſies, it helps all pains in the joints coming of cold or bruiſes, bathing the place outwardly, and dipping cloths, and laying on it; it ſtrengthens and comforts all vital and animal ſpirits, and cleareth the external ſenſes, ſtrengthening the memory; reſtoreth loſt appetite, helpeth all weakneſs of the ſtomach; both taken inwardly, and bathed outwardly, it taketh away giddineſs of the head, and helpeth hearing; it makes a pleaſant breath; it helpeth all cold diſpoſitions of the liver, and beginning of dropſies; none can ſufficiently expreſs the virtues of this water: when it is taken inwardly, drop 10 or 12 drops on a lump of ſugar, or a bit of bread, or in a diſh of tea; but in a fit of the palſy, give ſo much every hour to reſtore ſpeech. Add to the reſt of the flowers ſingle wall-flowers, and the roots and flowers of ſingle pionies, and miſletoe of the oak, of each a good handful.

The Lady Hewet's *Water.*

TAKE red ſage, betony, ſpearmint, unſet hyſſop, ſetwell, thyme, balm, pennyroyal, celandine, water-creſſes, hearts-eaſe, lavender, angelica, germander, calamint, tamariſk, coltsfoot, avens, valerian, ſaxifrage, pimpernel, vervain, parſley, roſemary, ſavory, ſcabius, agrimony, mother-thyme, wild marjoram, *Roman* wormwood, carduus benedictus, pellitory of the wall, field-daiſies, flowers and leaves; of each of theſe herbs take a handful, after they are pick'd and wath'd; of rue, yarrow, comfry, plantane, camomile, maiden-hair, ſweet-marjoram, dragons, of each of theſe a handful before they are waſh'd or pick'd; red roſe-leaves and cowſlip-flowers, of each half a peck; roſemary-flowers a quarter of a peck, hartſhorn two ounces, juniper-berries one dram, china-roots one ounce, comfry-roots ſlic'd, aniſeeds, fennel-ſeeds, caraway-ſeeds, nutmegs, ginger, cinamon, pepper, ſpikenard, parſley-ſeeds, cloves

cloves and mace, aromaticum roſarum three drams, ſaſſafras ſlic'd half an ounce, elecampane-roots, melilot-flowers, calamus-aromaticus, cardamums, lignum-aloes, rhubarb ſlic'd thin, galingal, veronica, lodericum, cubebs grains, of each of theſe two drams; the cordials, bezoar 30 grains, musk 24 grains, ambergeaſe 20 grains, flour of coral two drams, flour of amber one dram, flour of pearl two drams, gold four leaves, ſaffron in a little bag two drams, white ſugarcandy one pound; waſh the herbs, and ſwing them in a cloth till they are dry; then cut them, and put them into an earthen pot; and in the midſt of the herbs put the ſeeds, ſpices and drugs, being bruiſed; then put thereto ſuch a quantity of ſherry-ſack as will cover them, ſo let them ſteep 24 hours; then diſtil it in an alembick, and make two diſtillings of it, from each of which draw three pints of water; mix it all together, and put it into quart bottles; and divide the cordials into three parts, and put into each bottle of water a like quantity; ſhake it often together at the firſt; the longer you keep it, the better it will be. There never was a better cordial in caſes of the greateſt illneſs; two or three ſpoonfuls almoſt revive from death.

The Lady Allen's *Water.*

TAKE of balm, roſemary, ſage, carduus, wormwood, dragons, ſcordium, mugwort, ſcabius, tormentil-roots and leaves, and angelica-roots and leaves, marigold-flowers and leaves, betony-flowers and leaves, centaury-tops, pimpernel, wood-ſorrel, or other ſorrel, rue, agrimony, roſa ſolis, of every one of theſe half a pound; liquoricc four ounces, elecampane-roots two ounces; waſh the herbs, ſhake and dry them in a cloth; then ſhred them, and ſlice the roots, and put all into three gallons of the beſt white-wine; and let them ſtand cloſe cover'd two days and two nights, ſtirring them morning and evening; then take out ſome of the berbs, lightly ſqueezing them with your hands, and fill a ſtill full; let

let them ſtill twelve hours in a cold ſtill with a reaſonable quick fire; then put the reſt of the herbs and the wine in an alembick, and diſtil them till all the ſtrength is out of the herbs and wine; mix all the water in both ſtills together, ſweeten ſome, but not all; for caſes of great illneſs, warm ſome of that unſweeten'd blood-warm, and put it in a little ſyrup of gilliflowers, and go to bed, covering warm. This is a very excellent water.

Plague-water.

TAKE roſa ſolis, agrimony, betony, ſcabius, centaury-tops, ſcordium, balm, rue, wormwood, mugwort, celandine, roſemary, marigold-leaves, brown ſage, burnet, carduus, and dragons, of each a large handful; and angelica-roots, piony-roots, tormentil-roots, elecampane-roots and liquorice, of each one ounce; cut the herbs, and ſlice the roots, and put them all into an earthen pot, and put to them a gallon of white wine and a quart of brandy, and let them ſteep two days cloſe cover'd; then diſtil it in an ordinary ſtill with a gentle fire; you may ſweeten it, but not much.

Dr. Stevens's *Water.*

TAKE a gallon of the beſt *Gaſcoigne* wine or ſack, then take of ginger, galengal, cinamon, nutmegs, cloves, mace, aniſeeds, caraway-ſeeds, coriander-ſeeds, of every of thoſe one dram; then take ſage, mint, red roſe-leaves, thyme, pellitory of the wall, pot-marjoram, roſemary, pennyroyal, wild thyme, common lavender, of each of theſe one handful; bruiſe the ſpice and ſeeds, and ſtamp the herbs, and put them all into the wine, and let it ſtand cloſe cover'd 12 hours, ſtirring it often; then ſtill it in an alembick, and mix it as you pleaſe.

To make Aqua Mirabilis.

TAKE cubebs, cardamums, galengal, cloves, mace, nutmegs, cinamon, of each two drams, bruiſed

bruiſed ſmall; then take of the juice of celandine one pint, the juice of ſpearmint half a pint, the juice of balm half a pint, meliłot-flowers, cowſlip-flowers, roſemary-flowers, borage and bugloſs-flowers, and marigold-flowers, of each three drams; fennel-ſeed, coriander-ſeed and caraway-ſeed, of each two drams; two quarts of the beſt ſack, one quart of white-wine, one pint of brandy, one pint of the ſtrongeſt angelica-water, and one pint of red roſe-water; bruiſe the ſpices and ſeeds, and ſteep them with the herbs, flowers, juices, waters, ſack, white-wine and brandy all night; in the morning diſtil it in a common ſtill, paſted up; from this quantity draw off a gallon at leaſt; ſweeten it to the taſte with ſugarcandy; bottle it up, and keep it in ſand, or very cool.

A Tincture of Ambergreaſe.

TAKE ambergreaſe and musk, of each one ounce, and put to them a quarter of a pint of ſpirit of wine; ſtop it cloſe, tie it down with leather, and ſet it in horſe-dung 10 or 12 days.

To make Orange or Lemon-water.

TO 100 oranges or lemons you muſt have three gallons of brandy, and two quarts of ſack; pare off the outer rinds very thin, and ſteep them in the brandy one night; the next day diſtil them in a cold ſtill, a gallon with the proportion of peels is enough for one ſtill, and of that you may draw off between three and four quarts; draw it off till you taſte it begin to be ſouriſh; ſweeten it to your taſte with double-refin'd ſugar; mix firſt, ſecond and third running together; if it is lemon-water, it ſhould be perfum'd; put two grains of ambergreaſe, and one of musk, ground fine, tie it in a rag, and let it hang five or ſix days in a bottle, and then put it in another, and ſo for a great many if you pleaſe, or elſe you may put three or four drops of tincture of ambergreaſe in it; cork it very well: the orange is an excellent

excellent water for the stomach, and the lemon is a fine entertaining water.

King Charles II.'s *Surfeit-water.*

TAKE a gallon of the best aqua-vitæ, and a quart of brandy, and a quart of aniseed-water, a pint of poppy-water, and a pint of damask rose-water; put these in a large glass jar, and put to it a pound of fine powder'd sugar, a pound and half of raisins stoned, a quarter of a pound of dates stoned and sliced, one ounce of cinamon bruised, cloves one ounce, four nutmegs bruised, one stick of liquorice scrap'd and slic'd; let all these stand nine days close cover'd, stirring it three or four times a-day; then add to it three pound of fresh poppies, or three handfuls of dry'd poppies, a sprig of angelica, two or three of balm; so let it stand a week longer, then strain it out and bottle it.

The Walnut-water.

TAKE a peck of walnuts in *July*, and beat them pretty small; then put to them two quarts of clovegilliflowers, two quarts of poppy-flowers, two quarts of cowslip-flowers dry'd, two quarts of marigold-flowers, two quarts of sage-flowers, two quarts of borage-flowers; then put to them two ounces of mace beaten, two ounces of nutmegs bruised, and one ounce of cinamon bruised; steep all these in a pot with a gallon of brandy, and two gallons of the strongest beer; let it stand 24 hours, and still it off.

To make Orange-flower Brandy.

TAKE a gallon of *French* brandy, and put it in a bottle that will hold it; then boil a pound of orange-flowers a little while, and put them to the brandy; save the water, and with that make a syrup to sweeten it.

A Cordial

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A Cordial

A Cordial-water that may be made in Winter.

TAKE three quarts of brandy or ſack, put two handfuls of roſemary and two handfuls of balm to it, chopt pretty ſmall, 1 ounce of cloves, 2 ounces of nutmegs, 3 ounces of cinamon; beat all the ſpices groſsly, and ſteep them with the herbs in the wine; then put it in a ſtill paſted up cloſe; ſave near a quart of the firſt running, and ſo of the ſecond, and of the third; when 'tis diſtill'd, mix it all together, and diſſolve about a pound of double-refin'd ſugar in it, and when 'tis ſettled, bottle it up.

The Golden Cordial.

TAKE two gallons of brandy, two drams and a half of double-perfum'd alkermes, a quarter of a dram of oil of cloves, one ounce of ſpirit of ſaffron, 3 pound of double-refin'd ſugar powder'd, a book of leaf-gold. Firſt put your brandy into a large new bottle; then put three or four ſpoonfuls of brandy in a *China* cup, mix your alkermes in it; then put in your oil of cloves, and mix that, and do the like to the ſpirit of ſaffron; then pour all into your bottle of brandy, then put in your ſugar, and cork your bottle, and tie it down cloſe; ſhake it well together, and ſo do every day for two or three days, and let it ſtand about a fortnight; you muſt ſet the bottle ſo, that when 'tis rack'd off into other bottles, it muſt only be gently tilted; put into every bottle two leaves of gold cut ſmall; you may put one or two quarts to the dregs, and it will be good, tho' not ſo good as the firſt.

The Fever-water.

TAKE of *Virginia* ſnake-root ſix ounces, carduus-ſeeds four ounces, and marigold-flowers four ounces, twenty green walnuts, carduus-water ſtill'd two quarts, as much hot poppy-water, two ounces of hartſhorn; ſlice the walnuts, and ſteep all in

in the waters a fortnight; then add to it an ounce of *London* treacle, and diſtil it all in an alembick paſted up; three drops of ſpirit of amber in three ſpoonfuls of this water will deliver a woman of a dead child.

To make the firſt Liquid Laudanum.

TAKE a quart of ſack, and half a pint of ſpirit of wine, and four ounces of opium, two ounces of ſaffron; ſlice the opium, and pull the ſaffron, and put it in a bottle with the ſack, and ſpirit of wine, and one ounce of ſalt of tartar, and of cinamon, cloves and mace, of each a dram; cork and tie down the bottle, and ſet it in the ſun or by the fire twenty days; pour it off the dregs, and 'tis fit to uſe, ten, fifteen, twenty, or twenty-five drops.

A fine Cordial-water.

BEAT two pounds of double-refin'd ſugar very well, and put to it a gallon of the beſt brandy, ſtirring it a good while all one way; then put confection of alkermes one dram, oil of cloves one dram, ſpirit of ſaffron one ounce; then ſtir it one way for a quarter of an hour, then add three ſheets of leaf-gold, and bottle it up; it will keep as long as you pleaſe.

To make Spirit of Caraways.

TAKE of caraway-comfits two pounds, put them into a glaſs bottle with a wide mouth, put upon the caraways ſpirits of wine as much as will cover them, one dram of ambergreaſe rubb'd to powder, with as much fine ſugar, and tied up in a rag, and hang it in the bottle; and let this ſtand three months cloſe ſtopt, then pour off the ſpirit clear from the ſeeds; take a little of this dropt in beer or ale, for wind or pain in the bowels.

To cure Spleen or Vapours.

TAKE an ounce of the filings of ſteel, two drams of gentian ſliced, half an ounce of carduus-ſeeds bruiſed, half a handful of centaury tops; infuſe all theſe in a quart of white-wine 4 days, and drink four ſpoonfuls of the clear every morning faſting two hours after it, and walking about; if it binds too much, take once or twice a week ſome little purging thing to carry it off.

Hyſterical Water.

TAKE zedoary, roots of lovage, ſeeds of wild parſnips, of each two ounces, roots of ſingle piony 4 ounces, of miſletoe of the oak 3 ounces; myrrh a quarter of an ounce, caſtor half an ounce; beat all theſe together, and add to them a quarter of a pound of dried millepedes, pour on theſe 3 quarts of mugwort-water, and 2 quarts of brandy. Let them ſtand in a cloſe veſſel 8 days, then diſtil it in a cold ſtill paſted up; you may draw off 9 pints of water, ſweeten it to your taſte, and mix all together: This is an excellent water to prevent fits, or to be taken in faintings.

A Stone Water.

TAKE beans in pod, and cut them in ſmall pieces, fill good part of an ordinary ſtill with them, and put to them two good handfuls of yarrow, and diſtil them together in a cold ſtill; let the party drink a glaſs when in pain, and at the changes of the moon.

To make Poppy Brandy.

TAKE ſix quarts of the beſt and freſheſt poppies, and cut off the black ends of them, and put them in a glaſs jar that will hold two gallons, and preſs them in it; then pour over it a gallon of brandy, ſtop the glaſs very well, and ſet it in the ſun for a week or more; then ſqueeze out the poppies with your

your hand, and sweeten it to your taste with double-refin'd sugar, and put to it an ounce and half of alkermes perfum'd; mix it well together, and bottle it up. This is in imitation of red rosa-solis.

To make Cherry Brandy.

TO every four quarts of brandy, put four pounds of red cherries, two pounds of black, and one quart of raspberries, a few cloves, a stick of cinamon, and a bit of orange-peel; let these stand a month close stopp'd, then bottle it off; put a lump of sugar into every bottle.

To make Citron Water.

TO a gallon of brandy take ten citrons, pare the outside rinds of the citrons, dry the rinds very well; then beat the remaining part of the citrons all to mash, in a mortar; and put it into the brandy, stop it close, and let it stand nine days; then distil it, then take the rinds that are dry, and beat them to powder, and infuse them nine days in the spirit, and distil it over again; sweeten it to your taste with double-refin'd sugar; let it stand in a large jug for three weeks; then rack it off into bottles. This is the true *Barbados* receipt for citron water.

Stitch Water.

TAKE a gallon of new ale-wort, and put to it as much stone-horse dung from the horse as will make it pretty thick; add to this a pound of *London* treacle, two penny-worth of ginger sliced, and six penny-worth of saffron; mix these together, and distil off in a cold still. Take three or four spoonfuls at a time.

To make Caraway Brandy.

STEEP an ounce of caraway-seeds, and six ounces of sugar, in a quart of brandy; let it steep nine days, and clear it off. 'Tis a good cordial.

The Saffron Cordial.

FILL a large ſtill with marigold flowers, and ſtrew on it an ounce of caſe nutmegs, that is, the nutmegs that have the mace on them; beat them groſsly, and take an ounce of the beſt *Engliſh* ſaffron, pull it, and mix it with the flowers; then take three pints of muſcadine or tent, or *Malaga* ſack, and with a ſprig of roſemary daſh it on the flowers; then diſtil it off with a ſlow fire, and let it drop on white ſugar-candy; draw it off till it begins to be ſour, ſave a pint of the firſt running to mix with other waters on an extraordinary occaſion; mix the reſt together to drink by itſelf. This cordial is excellent in fainting, and for the ſmall-pox or ague; take five or ſix ſpoonfuls at a time.

The fine Clary-water.

TAKE a quart of borage-water, and put it in an earthen jug, and fill it with two or three quarts of clary-flowers freſh gather'd; let it infuſe an hour over the fire in a kettle of water; then take out the flowers, and put in as many freſh flowers; and ſo do, for ſix or ſeven times together; then add to that water two quarts of the beſt ſack, and a gallon of freſh flowers, and two pounds of white ſugar-candy beaten ſmall; and diſtil it all off in a cold ſtill: Mix all the water together when 'tis ſtill'd, and ſweeten it to your taſte with the fineſt ſugar. This is a very wholſome water, and the fine entertaining water. Cork the bottles well, and keep it cool.

To make Spirit of Saffron.

TAKE four drams of the beſt ſaffron; open it, and pull it aſunder, and put it in a quart bottle, and pour on it a pint of the ordinary ſpirit of wine, that of twelve-pence a quart; and add to it half a pound of white ſugar-candy beaten ſmall; ſtop it cloſe with a cork, and a bladder tied over it; ſet

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it in the ſun, and ſhake it twice a day, till the candy is diſſolv'd, and the ſpirit is of a deep orange colour; let it ſtand two days longer to ſettle, and clear it off in another bottle, and keep it for uſe. A ſmall ſpoonful for a child; and a large one for a man or woman. 'Tis excellent in any peſtilential diſeaſe. 'Tis good againſt colds, or the conſumptive cough.

Black-Cherry Water for Children.

TAKE ſix pounds of black cherries, and bruiſe them ſmall; then put to them the tops of roſemary, ſweet-marjoram, ſpearmint, angelica, balm, marigold flowers, of each a handful; dried violets, one ounce; aniſeeds, and ſweet fennel-ſeeds, of each half an ounce bruiſed. Cut the herbs ſmall, and mix all together, and diſtil them off in a cold ſtill. This water is excellent for children, giving them two or three ſpoonfuls at a time.

To make Gripe-water.

TAKE two dozen bunches of penny-royal, ſhred groſsly; then take coriander-ſeeds, aniſeeds, ſweet fennel-ſeeds, caraway-ſeeds; bruiſe them all, and put them to the herbs in an earthen pot; mix them together, and ſprinkle on them a quart of brandy; let them ſtand all night; the next day diſtil it off, and take ſix, ſeven, or eight ſpoonfuls of this water, ſweeten'd with ſyrup of gilliflowers. Drink it warm, and go to bed; cover very warm, to ſweat if you can; and drink ſome of it as long as the gripes continue.

To make the Dropſy-water.

TAKE a buſhel of pick'd elderberries, put them in a large tub; put in as much water or ſtrong beer as will cover them, and put in a quart of ale-yeaſt, and a piece of leaven as big as a penny loaf; break it to pieces, and ſtir it together once or twice a day, for eight days together; then put them in a

pot, and diſtil it off in an alembick; draw off a gallon of water from this quantity. It muſt be drank three times a day; in the morning faſting, before dinner, and laſt at night, till you have drank up the quantity.

Lily of the Valley Water.

TAKE the flowers of lily of the valley, and diſtil them in ſack, and drink a ſpoonful or two, as there is occaſion. It reſtores ſpeech to thoſe who have the dumb palſey, or apoplexy: It is good againſt the gout; it comforts the heart, and ſtrengthens the memory; it helps the inflammations of the eyes, being dropt into them; and the flowers put into a glaſs cloſe ſtopt, and ſet into a hill of ants for a month; then take it out, and you will find a liquor that comes from the flowers, which keep in a phial; it eaſeth the pains of the gout, the place affected being anointed therewith.

To make Vertigo-water.

TAKE the leaves of red ſage, cinquefoil, ſandine and wood-betony, of each a good handful; boil them in a gallon of ſpring-water, till it comes to a quart; when 'tis cold, put into it a pennyworth of roach-allum, then bottle it up. When you uſe it, put a little of it in a ſpoon, or in the palm of your hand, and ſnuff it up. Go not into the air preſently. It muſt be made between the firſt and tenth of *May*.

Dr. Burgeſs's *Antidote againſt the Plague.*

TAKE three pints of muſcadine, and boil therein one handful of ſage, as much rue, angelica roots one ounce, zedoary-roots one ounce, *Virginia* ſnake-root half an ounce, ſaffron twenty grains. Let all theſe boil till a pint be conſumed; then ſtrain it, and ſet it over the fire again, and put therein two penny-worth of long pepper, half an ounce of ginger, as much nutmegs. Beat all the ſpices, and

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let them boil together a little, and put thereto a quarter of an ounce of mithridate, and as much *Venice*-treacle, and a quarter of a pint of the beſt angelica-water. Take it warm both morning and evening, two ſpoonfuls, if already infected; if not infected, one ſpoonful is enough for a day: Half a ſpoonful in the morning, and as much at night. This had great ſucceſs, under God, in the plague; 'tis good likewiſe againſt the ſmall-pox, or any other peſtilential diſeaſe.

The Lady Onſlow's *Water for the Stone.*

TAKE as much ſaxifrage, as being diſtill'd will yield two quarts of water; then take a peck of hog's haws, and bruiſe them well; then take filipendula and parſley of each three handfuls, parſley of breakſtone and mother-thyme, of each two handfuls; marſhmallow-roots, parſley-roots, of each one handful; four large horſe-radiſh-roots, red nettle-ſeed and burdock-ſeed, of each one ounce; bruiſe the ſeeds, cut the herbs, and ſlice the roots, and mix 'em well together with three quarts of white-wine, and as much new milk from the cow. So diſtil them and the ſaxifrage-water together in a cold ſtill, and draw it off as long as any water will come; the ſaxifrage muſt be diſtill'd in *May*, and the other water the latter end of *September*, or *October*, when the haws are ripe. Let the perſon, when the fit of the ſtone cometh, take three or four ſpoonfuls of white-wine, and as much of this water mix'd together: if the diſtemper abate not, take ſix ſpoonfuls of this water once in two hours till 'tis removed. You may, if you pleaſe, ſweeten it with ſyrup of marſhmallows.

Centaury-water.

TAKE one pound of gentian, and ſix pounds of green centaury; beat the gentian, and ſhred the centaury, and put them into an earthen pot, and put to them as much white-wine as will cover

them, let it ſtand five days and diſtil it in an ordinary ſtill. This is an excellent water. Take three or four ſpoonfuls at a time in a morning, and faſt 2 hours after it, and uſe exerciſe; likewiſe take it at night an hour or two before you go to bed.

To make Hiera-picra.

TAKE a dram of hiera-picra, and a dram of cochineal, and two drams of aniſeeds; beat them all very fine; then put them into a bottle with a pint of the beſt ſack, and a pint of brandy; ſhake them well together five or ſix days; then let it ſtand to ſettle 12 hours, ſo pour it off into another bottle clear from the dregs, and keep it for uſe. It is very good againſt the colick or ſtomach-ach, and removes any thing that offends the ſtomach. Take four ſpoonfuls of it faſting, and faſt two hours after it. You muſt take it conſtantly three weeks or a month; and it is well to drink the following drink after it:

Take new-lay'd eggs, and break them; ſave the ſhells, and pull off the ſkin that is in the inſide; dry the ſhells, and beat them to powder; ſift them, and put ſix ſpoonfuls of this powder into a quart of theſe waters, half a pint of fennel-water, half a pint of parſly-water, half a pint of mint-water, half a pint of black-cherry-water. Take a quarter of a pint at a time, ſhaking the glaſs when you pour it out. Take this three times a day, at eleven in the morning, at 3 in the afternoon, and eight at night; and you ſhould take it as long as you take the *Hiera-picra.*

To make Lime-water.

TAKE a pound of unſlack'd lime, and put it into an earthen jug well glaz'd, and put to it a gallon of ſpring-water boiling hot; cover it cloſe till it is cold; then ſcum it clean, and let it ſtand two days; then pour it clear off into glaſs bottles, and keep it for uſe; the older the better. The virtues are as follow:

For

For a ſore, warm ſome of the water, and waſh the ſore well with it for half an hour; then lay a plaiſter on the ſore of ſome gentle thing, and lay a cloth over the plaiſter, 4 or 5 doubles wet with this water; and as it dries, wet it again, and it will heal it.

For a flux or looſeneſs, take 2 ſpoonfuls of it cold, in the morning, and 2 at night as you go to bed; do this 7 or 8 days together for a man or woman; but if for a child, one ſpoonful at a time is enough; and if very young, half a ſpoonful at a time. It will keep 20 years, and no one who has not experienc'd it, knows the virtues of it.

A Milk-water for a cancerous Breaſt.

TAKE ſix quarts of new milk, and four handfuls of cranes-bill, that ſort of it that has little buds on it, and is long in the ſtalk, and four hundred of wood-lice; diſtil this in a cold ſtill with a gentle fire; then take one ounce of crabs-eyes, and half an ounce of white ſugar-candy, both in fine powder; mix them together, and take a dram of the powder in a quarter of a pint of the milk-water in the morning, at twelve at noon, and at night. Continue taking this three or four months. It is an excellent medicine.

Cock-water for a Conſumption.

TAKE an old red cock from a barn-door, pull him alive, then kill him and quarter him, and with clean cloths wipe the blood from him; then put the quarters into a cold ſtill, and part of a leg of veal, and put to them two quarts of old *Malaga* ſack, a handful of thyme, as much ſweet-marjoram and roſemary, two handfuls of pimpernel, four of dates ſton'd and ſlic'd, one pound of currants, as many raiſins of the ſun ſton'd, a pound of ſugar-candy finely beaten; when all is in, paſte up the ſtill; let it ſtand all night, the next morning ſtill it, and mix the water together, and ſweeten it to your taſte with white ſugar-candy. Drink 3 or 4 ſpoon-

fuls an hour before dinner and ſupper. Diſtil this water in *May*.

Another Water againſt a Conſumption.

TAKE a pound of currants, and of harts-tongue, liverwort and ſpeedwell, of each a large handful; then take a peck of ſnails, lay them all night in hyſſop, the next morning rub and bruiſe them, and diſtil all in a gallon of new milk; ſweeten it with white ſugar-candy, and drink of this water 2 or 3 times a day, a quarter of a pint at a time. It has done great good.

Another Water againſt a Conſumption.

TAKE three pints of the beſt canary, and a pint of mint-water, three ounces of candy'd eringo-roots, three ounces of dates, a quarter of an ounce of mace, three ounces of *China*-roots, three ounces of raiſins ſton'd; infuſe theſe twelve hours in an earthen pot cloſe cover'd over a gentle fire; when it is cold, ſtrain it out, and keep it in a clean pan or glaſs jar for uſe; then make about a quart of plain jelly of harts-horn, and drink a quarter of a pint of this liquor with a large ſpoonful of jelly night and morning for 2 or 3 months together.

A Water to ſtrengthen the Sight.

TAKE roſemary-flowers, ſage, betony, rue, and ſuccory, of each one handful; infuſe theſe in two quarts of ſack, and diſtil them in an alembick. The doſe is a ſpoonful in the morning, faſting, till the water is done.

Rue-water, good for Fits of the Mother.

TAKE of rue, green walnuts, of each a pound, figs a pound and a half; bruiſe the rue and walnuts, ſlice the figs in thin ſlices, and lay them between the rue and walnuts, and diſtil it off; bottle it up, and keep it for uſe. Take a ſpoonful or two, when there is any appearance of a fit.

An opening Drink.

TAKE pennyroyal, red ſage, liverwort, horehound, maidenhair, hyſſop, of each two handfuls, figs a pound, raiſins ſton'd a pound, blue currants half a pound, liquorice, aniſeeds, coriander-ſeeds, of each two ounces; put all theſe in two gallons of ſpring-water, and let it boil away two or three quarts; then ſtrain it, and when it is cold, put it in bottles. Drink half a pint in the morning, and as much in the afternoon; keep warm, and eat little.

For a Diſtemper got by an ill Husband.

TAKE two pennyworth of gum-dragon, pick and clean it, and put it in an earthen pot; put to it as much red roſe-water as it will drink up; ſtir it two or three times a day, till it is all diſſolv'd into a jelly; then put in three grated nutmegs, and double-refin'd ſugar to your taſte, finely powder'd, and a little cinamon-water, no more than will leave it in a jelly. Take the quantity of a nutmeg in the morning faſting, and laſt at night; but firſt prepare the body for it, by taking ſix pennyworth of *pulvis ſanctus* in poſſet-drink, and drink broth in the working.

For a Cough ſettled on the Stomach.

TAKE half a pound of figs, as many raiſins of the ſun ſton'd, a ſtick of liquorice ſcrap'd and ſlic'd, a few aniſeeds, a few ſweet fennel-ſeeds, and ſome hyſſop waſh'd; boil all theſe in a quart of ſpring water till it comes to a pint; ſtrain it, and ſweeten it very well with white ſugar-candy. Take two or three ſpoonfuls of it morning and night, and when you pleaſe.

To make Hungary-water.

TAKE four ounces of roſemary-flowers, and a pint of ſpirits of wine; infuſe it 12 hours, and draw it off in a glaſs ſtill.

A Drink to preserve the Lungs.

TAKE three pints of spring-water, put to it an ounce of flour of sulphur, and let it boil on a slow fire till half is consumed; then let it stand to settle, and strain it out, and pour it on one ounce of liquorice scrap'd, and a dram of coriander-seeds, and as many aniseeds bruised; let it stand to settle, and drink a quarter of a pint morning and night.

An excellent Snail-water.

TAKE of comfry and succory-roots, of each four ounces; liquorice three ounces; the leaves of harts-tongue, plantane, ground-ivy, red nettles, yarrow, brooklime, water-cresses, dandelion, and agrimony, of each two large handfuls: gather these herbs in dry weather, and do not wash them, but wipe them clean with a cloth; then take five hundred of snails cleans'd from their shells, but not scoured; and of whites of eggs beaten up to a water, a pint; four nutmegs grosly beaten, the yellow rind of one lemon and one orange; bruise all the roots and herbs, and put them together with the other ingredients in a gallon of new milk, and a pint of canary; let them stand close covered 48 hours, and then distil them in a common still with a gentle fire; this quantity will fill your still twice; it will keep good a year, and is best when made spring or fall, but it is the best when new; you must not cork up the bottles in three months, but cover them with paper; it is immediately fit for use; and when you use it, take a quarter of a pint of this water, and put to it as much milk warm from the cow, and drink it in the morning, and at four o'-clock in the afternoon, and fast two hours after it; to take powder of crabs-eyes with it, as much as will lie on a six-pence, mightily assists to sweeten the blood: when you drink this water, be very regular in your diet, and eat nothing salt or sour.

Eye-

Eye-water.

TAKE orrice-root slic'd two ounces, white copperas finely beaten one ounce; put them in three pints of running water, shake it well three or four days, and then use it; if a watry eye, you may add a bit of bole-armoniac.

To make Briony-water.

TAKE twelve pounds of briony-root, pound it to mash; then take one quart of the juice of rue, one quart of the juice of mugwort leaves, of savin three handfuls, sweet basil two handfuls; mother of thyme, nepp and pennyroyal, of each three handfuls; dittany of *Crete*, and dry'd orange-peel, of each four handfuls, myrrh two ounces, castor an ounce, both powder'd, and likewise the orange-peel; distil this off in an alembick; first cut your herbs, and put them in the bottom of your still; then put in your briony-root, then mix your powders in a *China* dish with some sack, then pour in six quarts of sack; close up your still, and draw it off.

A Water to take after taking Balsam of Tolu.

TAKE a pint of whites of eggs beaten to a froth, five nutmegs bruised, two handfuls of dry'd spearmint, two handfuls of unset hyssop; add to these a gallon of new milk, and distil it off in a cold still; you may draw off about three pints: take six spoonfuls of this water at a time with sugarcandy in it.

To make the true Daffy's *Elixir.*

TAKE five ounces of aniseeds, three ounces of fennel-seeds, four ounces of parsly-seeds, six ounces of *Spanish* liquorice, five ounces of sena, one ounce of rhubarb, three ounces of elecampane, seven ounces of jallop, 21 drams of saffron, six ounces of manna, two pound of raisins, a quarter of an ounce

of

of cochineal, two gallons of brandy; ſtone the raiſins, ſlice the roots, bruiſe the jallap; put them all together, keep them cloſe cover'd fifteen days, then ſtrain it out.

For any Man or Beaſt bitten by a mad Dog.

TAKE ſage-leaves and rue, of each a good handful, two or three heads of garlick, four pennyworth of the beſt treacle, a handful of the ſmalleſt ſhavings of tin or pewter; boil all theſe in a quart of ſtrong ale in a pipkin or ſtone crock, cloſe ſtopt and paſted over, and ſet it to boil in a kettle of hot water, and put it over the fire for two hours; it will be apt to fly up, therefore put a pye-plate and bricks upon the top of the paſte; give or rather pour it into the party bitten by five or ſix ſpoonfuls at a time, according to the ſtrength of the party bitten, whether it be man or dog, or other creature: this muſt be given 3 days before the full or new-moon next happening after the party has been bitten.

Milk-Water.

TAKE two good handfuls of wormwood, as much carduus, as much rue, four handfuls of mint, as much balm, half as much angelica; cut theſe a little, put them into a cold ſtill, and put to them three quarts of milk; let your fire be quick till your ſtill drops, then a little ſlower; you may draw off two quarts; the firſt quart will keep all the year: this is extraordinary good in fevers, ſweeten'd with ſugar or ſyrup of cloves.

A Powder to cure a Rupture.

IN the latter end of *March* get half a pound of knots of ſcurvy graſs before they are quite blown, one pound of comfry-roots, half a pound of fern-roots, one ounce of juniper-berries, one ounce of dragons-blood, half a pound of the roots of ſolomon-ſeal, a quarter of an ounce of nutmegs, a quarter of

an

an ounce of mace; ſcrape your roots very clean, and ſlice them thin, and put every ſort by themſelves in a clean paper bag; lay them on a clean earthen diſh, and let them be put in a ſlow oven, till they are dry enough to powder. You muſt do the like to your ſcurvygraſs, that they may be all finely powder'd and mix'd together, and kept up cloſe in a glaſs, with paper round it. You may in any liquor give as much of this powder to a young child as will lie on a ſix-pence, morning and night; to one of ſeven years, more; to a man or woman, as much as will lie on a ſhilling. Put the powder in a ſpoon, and wet it, to mix; and take it three weeks.

Plain Hiera-Picra.

PUT one ounce of *hiera-picra* into one quart of brandy; let your bottle hold more than a quart, that you may have room to ſhake it; let it ſtand five days near the fire, ſhaking it often, and ſtop it cloſe. This is a good purge; take half a quarter of a pint going to bed, drink a draught of warm ale or broth a little while after it; you may take it nine or ten days together; it opens the ſtomach, cauſes digeſtion, prevents green-ſickneſs, and kills worms in children.

A very good Remedy for a hollow aching Tooth.

TAKE of camphire and crude opium, of each four grains, make them into three pills, with as much oil of cloves as is convenient; roll them in cotton, apply one of them to the aching tooth, and repeat, if there is occaſion.

A Method to cure the Jaundice, which has been try'd with great Succeſs.

IN the firſt place, give the patient a vomit of the infuſion of crocus metallorum, and oxymel of ſquills, according to his conſtitution; then take of

aloes

aloes and rhubarb, of each two ſcruples; of prepared ſteel one dram, tartar vitriolated one ſcruple; make pills with ſyrup of horehound, of which give four every night.

Take of the roots of turmerick half an ounce, tops of centaury the leſſer, *Roman* wormwood, and horehound, of each a handful; roots of the greater nettle, two ounces; boil them in three pints of water to the conſumption of half; when it is almoſt boiled enough, add to it juniper-berries an ounce, yellow ſanders and gooſe-dung made into a nodulus, of each three drams, ſaffron two ſcruples, rheniſh-wine a pint; when it is boil'd enough, ſtrain it, and add to it compound water of ſnails and earth-worms, of each two ounces; take three ounces of it after each time of taking the following electuary:

Take of the conſerve of ſea-wormwood, of the outward rind of orange-peels, of each two ounces; of ſpecies of diacurcumæ, and prepared ſteel, of each three drams; of prepared earth-worms and rhubarb, of each two drams; flowers of ſal-armoniac and ſalt of amber, of each two ſcruples; of ſaffron powder'd one ſcruple, with a ſufficient quantity of ſyrup of horehound; make an electuary, of which take the quantity of a large nutmeg twice a day, drinking three ounces of the bitter tincture after it.

For a Rheumatiſm, or Pain in the Bones.

TAKE a quart of milk, boil it, and turn it with three pints of ſmall-beer, then ſtrain the poſſet on ſeven or nine globules of ſtone-horſe dung tied up in a cloth, and boil it a quarter of an hour in the poſſet-drink; when it is taken off the fire, preſs the cloth hard, and drink half a pint of this, morning and night, hot in bed; if you pleaſe, you may add white-wine to it. This medicine is not good, if troubled with the ſtone.

To

To make Treacle-water.

TAKE juice of green walnuts four pound, and of rue, carduus, marigolds, and balm, of each 3 pound, roots of butter-bur half a pound, roots of burdock one pound, angelica and maſter-wort, of each half a pound; leaves of ſcordium ſix handfuls; *Venice*-treacle and mithridate, of each half a pound; old canary-wine a pound, white-wine-vinegar 6 pound, juice of lemons 6 pound; diſtil this in an alembick, and on any illneſs take four ſpoonfuls going to bed.

To make Uſquebaugh.

TO three gallons of brandy put four ounces of aniſeeds bruiſed; the next day diſtil it in a cold ſtill paſted up; then ſcrape four ounces of liquorice, and pound it in a mortar; dry it in an iron pan, do not burn it, put it in the bottle to your diſtill'd water, and let it ſtand ten days; then take out the liquorice, and to every ſix quarts of the ſpirits put in cloves, mace, nutmegs, cinamon, and ginger, of each a quarter of an ounce, dates ſtoned and ſliced four ounces, raiſins ſtoned half a pound; let theſe infuſe ten days, then ſtrain it out, and tincture it with ſaffron, and bottle it and cork it well.

To make Mr. Denzil Onſlow's *Surfeit-Water.*

TAKE a gallon and half of the beſt brandy, half a buſhel of poppies, half a handful of rue, half a handful of wormwood, one handful of ſage, one handful of balm, one handful of unſet hyſſop, one handful of mint, one handful of ſweet-marjoram, half a pound of roſa-ſolis; waſh, and pick, and dry theſe herbs in a coarſe cloth; then ſhred them very fine. Take half a pound of liquorice ſcraped and pulled into threads, one ounce of coriander-ſeeds, one ounce of aniſeeds, a few cloves, all bruiſed; a pound of raiſins ſtoned, one pound of loaf-ſugar; put all theſe in an earthen jar, cover'd very cloſe, and ſet it in a cool

cool cellar, and stir them twice a day, till the poppies look pale; put a little saffron in with the other ingredients, strain it off into another jar, and in a fortnight, when it is settled, bottle it. Mix the herbs that are strained from it with milk; it is a cordial milk-water.

An approved Medicine for the Dropsy.

TAKE about three spoonfuls of the best mustard-seed, and about half a handful of bay-berries, the like quantity of juniper-berries, one ounce of horse-radish, and about half a handful of sage of virtue, as much wormwood-sage, and half a handful of scurvy grass, and a quarter of a handful of stinking orach, and a little sprig of wormwood, a sprig of green broom, and half an ounce of gentian-root; scrape, wipe, and cut all these, and put them into a bottle that will hold a gallon; then fill the bottle with the best strong-beer you can get; then stop it close, and let it stand three or four days, and drink every morning fasting half a pint.

A Remedy for rheumatick Pains.

TAKE of sena, hermodacts, turperhum and scammony, of each two drams; of zedoary, ginger, and cubebs, of each one dram; mix them, and let them be powder'd; the dose is from one dram to two in any convenient vehicle. Let the parts affected be anointed with this liniment: Take palm-oil two ounces, oil of turpentine one ounce, volatile salt of harts-horn two drams; afterwards lay on a plaister of mucilaginibus. Some that have been very much troubled with rheumatick pains, have by taking of spirit of harts-horn in compound water of earth-worms, found mighty benefit.

An excellent Medicine for the spotted, and all other malignant Fevers.

TAKE of the best *Virginia* snake-weed, and root of contrayerva, finely powder'd, of each half a scruple,

ſcruple, *Goa*-ſtone half a ſcruple, caſtor and camphire, of each five grains; make them into a bolus, with a ſcruple of *Venice*-treacle, and as much ſyrup of peony as is ſufficient; repeat the bolus every ſix hours, drinking a draught of the following julep after it:

Take of ſcorzonera-roots two ounces, butterbur-roots half an ounce, of balm and ſcordium, of each an handful, of coriander-ſeeds three drams, of liquorice, figs and raiſins, of each an ounce; let them boil in three pints of conduit-water to a quart, then ſtrain it, and add to it compound peony-water three ounces, ſyrup of raſpberries an ounce and half; let the patient drink of it plentifully.

A ſpecifick Cure for ſtopping Blood.

TAKE two ounces of clarified roch-allum, let it be finely powder'd, and melt it in a ſilver ladle; then add to it half an ounce of dragons-blood in powder, and mix them well together; then take it off the fire, keeping it ſtirr'd till it comes to the conſiſtence of a ſoft paſte, fit for making up into pills; make your pills into the bigneſs of a large pea, and as the paſte cools, warm it again to ſuch a degree, as the whole quantity may be made into pills: this medicine is proper in all caſes of violent bleeding, without exception; the ordinary or uſual doſe is half a grain, to be taken once in four hours, till the bleeding ſtops, taking a glaſs of water or ptiſan after it, and after every doſe; and another of the ſame liquor a quarter of an hour after; in violent caſes give half a dram for a doſe.

To make Stoughton's *Elixir.*

PARE off the rinds of ſix *Seville* oranges very thin, and put them in a quart bottle, with an ounce of gentian ſcraped and ſliced, and ſix pennyworth of cochineal; put to it a pint of the beſt brandy; ſhake it together two or three times the firſt day, and then let it ſtand to ſettle two days, and clear it off into bottles for uſe; take a large tea ſpoonful

in a glaſs of wine in a morning, and at four in the afternoon; or you may take it in a diſh of tea.

An Electuary for a Cough.

TAKE conſerve of red roſes two ounces, conſerve of hips one ounce, *Lucatellus*'s balſam half an ounce, ſpices of hiatragacanth frigid one dram, ſyrup of balſam three drams, mix all together well; take the quantity of a ſmall bean three times a day.

Excellent Lozenges for a Cough.

TAKE a pound of brown ſugarcandy and a pound of loaf-ſugar, beat and ſearce them thro' a fine ſieve; take an ounce of the juice of liquorice, and diſſolve it in three or four ſpoonfuls of hyſſop-water over a gentle fire; then mix your ſugar and ſugar-candy with one dram of orrice-powder, one dram of the powder of elecampane, of gum-dragon powder'd half a dram; add one dram of the oil of aniſeeds, and one grain of muſk; mix all theſe together, and work it into a paſte, and roll them into lozenges the bigneſs of a barley-corn, or ſomething larger.

To promote Breeding.

LET the party take of the ſyrup of ſtinking orrice a ſpoonful, night and morning, for a week or more; then as follows: Take three pints of good ale, boil in it the piths of three ox-backs, half a handful of clary, a handful of nep, (or cat-bos) a quarter of a pound of dates ſtoned, ſliced, and the pith taken out; a handful of raiſins of the ſun ſtoned, three whole nutmegs prick'd full of holes; boil all theſe till half be waſted; ſtrain it out, and drink a ſmall wine-glaſs full at your going to-bed; as long as it laſts, accompany not with your husband; during the taking, or ſome time before, be very chearful, and let nothing diſquiet you. Take ſhepherds-purſe a good handful, and boil it in a pint of milk till half be conſumed, and drink it off.

For a Burn or Scald.

TAKE laurel-leaves, chop them in hogs-greaſe; ſtrain it, and keep it for uſe.

To make Necklaces for Children in cutting Teeth.

TAKE roots of henbane, of orpin and vervain, ſcrape them clean with a ſharp knife, cut 'em in long beads, and ſtring them green, firſt henbane, then orpin, then vervain, and ſo do till it is the bigneſs of the child's neck; then take as much red wine as you think the necklace will ſuck up, and put into it a dram of red coral, as much ſingle peony-root, finely powder'd; ſoak your beads in this 28 hours, and rub the powder on the beads: ſyrup of lemons, and ſyrup of ſingle peony, is excellent to rub the child's gums with very frequently.

A Medicine for the Colick, which not only gives Eaſe in the moſt violent Fits, but alſo, being often uſed, prevents their returning.

TAKE of the beſt manna, and oil of ſweet almonds, of each an ounce and half, of chamomile-flowers boiled in poſſet-drink an handful; let the poſſet-drink be ſtrained from the flowers, and mingled very well with the oil of almonds and manna; let the patient take it three days ſucceſſively, and afterwards every third day for a fortnight.

A Receipt for a conſumptive Cough.

TAKE of the ſyrup of white and red poppies, of each three ounces, of barley, cinamon-water, and red poppy-water, of each two ounces, of tincture of ſaffron one ounce, liquid laudanum forty drops, and as much ſpirit of ſulphur as will make it acid: take three or four ſpoonfuls of it every night going

to bed; increaſe or diminiſh the doſe, according as you find it agrees with you.

To make the Eye-ſalve.

TAKE of freſh butter out of the churn, unſalted and unwaſhed, two pound; ſet it in a glaſs jar in the ſun to clarify three months, then pour very clear off about a quarter of a pound, and put to it an ounce of virgin-wax; when it is melted, put it into white roſe-water to cool, and beat it in the water half an hour; then take it out from the water, and mix it with half an ounce of rectified tutty finely powder'd, and two ſcruples of maſtich beaten and bruiſed as well as poſſible; mix all well together, and put it in pots for uſe; take a very little in your fingers when in bed, ſhut your eye, and rub it over the lid and corner of your eye.

An excellent Medicine for the Pain in the Stomach.

TAKE of *tinctura ſacra* (or tincture of ſavory) one ounce in the morning, faſting an hour, then drink a little warm ale; do this twice or three times a week, till you find Relief.

For a Pain in the Stomach.

TAKE a quarter of a pound of blue currants, wipe them clean, and pound them in a mortar, with an ounce of aniſeeds bruiſed; before you put them to the currants, make this into a bolus with a little ſyrup of clovegilliflowers; take every morning the quantity of a walnut, and drink roſemary-tea, inſtead of other tea for your breakfaſt; if the pain returns, repeat it.

For a Stitch in the Side.

TAKE roſin, pound and ſift it, and with treacle mix it into an electuary, and lick it up often in the day or night.

To cure an intermitting Ague and Fever, without returning.

TAKE jeſuits bark in fine powder one ounce, ſalt of ſteel, and *Jamaica*-pepper, of each a quarter of an ounce; treacle, or moloſſus, four ounces; mix theſe together, and take the quantity of a nutmeg three times a day when the fit is off, and a draught of warm ale, or white-wine, after it.

Dr. Hall's *Plaiſter for an Ague.*

TAKE a pennyworth of black-ſoap, one pennyworth of gun-powder, one ounce of tobacco-ſnuff, and a glaſs of brandy; mix theſe in a mortar very well together, ſpread plaiſters on leather for the wriſts, and lay them on, an hour before you expect the fit.

Excellent for a Burn, or Scald.

TAKE of oil olive three ounces, white wax two ounces, ſheep-ſuet an ounce and half, minium and caſtle-ſoap, of each half an ounce; dragon's-blood and camphire, of each three drams; make them into a ſalve by melting them together; anoint with oil to take out the fire, then put the plaiſter on; dreſs it every day.

To prevent or cure the Plague.

TAKE three pints of muſcadine-wine, boil in it a handful of ſage, and as much rue, till a pint is waſted; then ſtrain it out, and ſet it on the fire again, and put therein long pepper, ginger, nutmegs, of each three parts of an ounce, beaten together in fine powder; let it boil a little, then put to it two ounces of treacle, one ounce of mithridate, and a quarter of a pint of angelica-water; diſſolve the treacle and mithridate in the angelica-water, then mix all together; take of it both morning and evening, warm, two ſpoonfuls; if infected take it in bed, and

ſweat with it; but if not infected, one ſpoonful in the morning may be ſufficient, and not lie to ſweat after it: you may take half a ſpoonful at night; this is good in the ſmall-pox or meaſles: it was uſed in the ſickneſs-year, with great ſucceſs both to young and old.

Water in a Conſumption, or in Weakneſs after Sickneſs.

TAKE a calf's-pluck freſh kill'd, before the veal is blown; take out the pluck, but don't waſh it; cut it in pieces, and put it in a cold ſtill; but firſt put at the bottom of your ſtill a ſheet of white paper well butter'd; then put in your pluck, with mint, balm, borage, hyſſop, and oak-lungs, of each about two handfuls; wipe and cut the herbs, but do not waſh them; put in a gallon of new milk warm from the cow, paſte up the ſtill, and let it drop on white ſugarcandy; it will draw off about 7 pints; mix it together, and bottle it for uſe: drink a quarter of a pint in the morning, and as much at four in the afternoon.

A Stay to prevent a ſore Throat in the Small-Pox.

TAKE rue, ſhred it very fine, and give it a bruiſe, mix with it honey and *album-græcum*, and work it together; put it over the fire to heat, ſew it up in a linen ſtay, and apply it to the throat pretty warm; as it dries, repeat it.

To prevent Pitting, and to take off Redneſs.

TAKE rue and chop it, boil it in hogs-lard till it is green; ſtrain it out, and keep it for uſe; warm a little in a ſpoon, and with a feather anoint the face as they begin to ſhell off; do it as often as convenient.

An admirable Cerecloth.

TAKE a pound of frankincenſe beaten fine, and a pound of roſin beaten, a pound of black pitch, and four ounces of cummin-ſeeds powder'd, four pennyworth of ſaffron dry'd and powder'd, four penny-worth of mace beaten and ſifted, four pennyworth of cloves beaten fine, an ounce of liquid laudanum, and a pound of deer-ſuet.

Seaſon a new pipkin; firſt lay it in cold water, then boil water in it, and ſet it by till it is cold; then dry it, and put in your deer-ſuet, and let it melt, ſhaking it about as you do for melting butter; then put in your frankincenſe, roſin, pitch, cummin-ſeed, ſaffron, mace, cloves, and ſet them over the fire, and let them have a boil or two; then take them off, and ſet it by a little, and then ſprinkle in your liquid laudanum; let it ſimmer a little; take it off, and when it is fit to ſpread, ſpread it on the thickeſt brown paper, and uſe it on occaſion; it is good for bruiſes, aches, pains, burns, ſcalds, and ſore breaſts; wipe the plaiſter every day, and put it on again; one or two plaiſters will do.

For the Colick.

TAKE of chamomile-flowers and mallow-leaves, of each a handful, juniper-berries and ſenegreek-ſeeds, of each half an ounce; let the ſeeds and berries be bruiſed; boil them in a pint of water; add to it ſtrain'd, of turpentine diſſolv'd, with the yolk of an egg and oil of chamomile, of each an ounce; diacatholicon ſix drams, hiera-picra two drams; mix, and give it. After the operation of the clyſter, give the patient the following mixture; Take of rue and chamomile-water, of each an ounce; cinamon-water an ounce, liquid laudanum twenty drops, ſyrup of white poppies an ounce.

How to make the Lime-drink, famous for curing the Stone.

TAKE a good half-peck of lime-ſtones new-burnt, and put them into four gallons of water; ſtir it well at the firſt putting in, then let it ſtand, and ſtir it again; as ſoon as it is very well ſettled, ſtrain off the clear into a large pot, and put to it four ounces of ſaſſafras, and four ounces of liquorice, ſliced thin, raiſins of the ſun ſtoned one pound, half a pound of blue currants, mallows and mercury, of each a handful; coriander, fennel, and aniſeeds, of each an ounce; let the pot ſtand cloſe cover'd for 9 days, then ſtrain it: and being ſettled, pour the cleareſt of it into bottles; you may drink half a pint of it at a time, as often as you pleaſe: in your morning's draught, put a dram of winter-cherries powder'd. This has cured ſome that have been ſo tormented with the ſtone in the bladder, that they could not make water, after they had in vain try'd abundance of other remedies.

A Receipt for the Cure of the Stone and Gravel, whether in the Kidneys, Ureters, or Bladder.

TAKE marſhmallow-leaves, the herb mercury, ſaxifrage, and pellitory of the wall, of each freſh gather'd 3 handfuls; cut them ſmall with a pair of ſciſſars, and mix them together, and pound them in a clean ſtone mortar, with a wooden peſtle, till they come to a maſh; then take them out, ſpread them thin in a broad glaz'd earthen pan, and let them lie, ſtirring them about once a day, till they are thoroughly dry (but not in the ſun); and then they are ready, and will keep good all the year long. Of ſome of theſe ingredients ſo dried, make tea, as you do common tea, with boiling-hot water, as ſtrong

ſtrong as you like to drink it, but the ſtronger the better; and drink 3, 4, or more tea-cups full of it blood-warm, ſweeten'd with coarſe ſugar, every morning and afternoon, putting into each cup of it, at leaſt half a ſpoonful, or rather more, of the expreſs'd oil of beech-nuts, freſh drawn, (which in this caſe has been experienced to be vaſtly preferable to oil of almonds, or any other oil) ſtirring them about together, and ſo continue it for as long as you ſee occaſion.

This medicine, how ſimple ſoever it may ſeem to ſome, is yet a fine emollient remedy, is perfectly agreeable to the ſtomach, (unleſs the beech-oil be ſtale or rancid) and will be found to ſheath and ſoften the aſperity of the humours in general, particularly thoſe that generate the gravel and ſtone, and will relax and ſupple the ſolids, at the ſame time: And it is well known by all phyſicians, that emollient medicines do lubricate, widen and moiſten the fibres, ſo as to relax them into their proper dimenſions, without forcing the parts, whereupon obſtructions of the reins and urinary paſſages are opened, and by their cleanſing properties, as is this medicine, cleared of all lodgments of ſandy concretions, gravel and paſſable ſtones, and made to yield better to the expulſion of whatever may plug or ſtop them up; and likewiſe takes away, as this does, all heat and difficulty of urine and ſtranguries; and withal, by its ſoft mucilaginous nature, cools and heals the reins, kidneys, and bladder, giving preſent eaſe in the ſtone colick; breaks away wind, and prevents its return, as it always keeps the bowels laxative.

A late modern college phyſician of our own, a man of learning and probity, and who for his great ingenuity and ſincerity was much eſteem'd and reſpected by every member of that venerable body, ſays, in his writings about the *ſtone* and *gravel*, of one of the ingredients in this medicine, that *ſome People have extoll'd it prodigiouſly for its* lithontriptick

or

or ſtone-breaking qualities; and in favour of ſuch an opinion, ſay, that a certain perſon, who had a very large ſtone in his bladder, which was taken from him by cutting, made a cup of it, which he uſually drank out of; but as he once had ſome beer put into it, which had that ingredient boiled in it, the cup fell to pieces in his hands; which ſudden diſſolution of it was attributed to the ſaid ingredient. But whether this relation be real or feign'd, or all or either of the ingredients capable of making frangible, or mouldring into fragments, the ſtone bred in human bodies, (as are the virtues aſcribed to them, and to one of them more particularly) or whether it be poſſible for any thing in nature to do it, I ſhall not undertake to determine; but this is certain, that all the ingredients that enter the compoſition of this medicine are particularly noted and preſcribed, tho' in different ways, as occaſions offer, by all ancient and modern phyſicians, both in their writings and practice, in all caſes of gravel, ſtone, ſtrangury, ſtoppage of urine, *&c.* with great ſucceſs.

Such as know not where to get the TRUE NUT-OIL, may have the right ſort, and very good, at Mrs. *Goddard*'s, at the *Golden-Ball* in *Burleigh-ſtreet*, near *Exeter-Exchange* in the *Strand*, at one ſhilling and ſix-pence the phial.

An excellent Vomit.

TAKE a quarter of a pound of clear alum, beaten and ſifted as fine as flour, divide it into three parts, the firſt the biggeſt: put a quarter of a pint of water in a ſauce pan, and put in your biggeſt paper of alum, and let it ſimmer over the fire, but not boil; take it off, cool it to blood-warm; drink it off, but take nothing after it; ſit ſtill till it has work'd once, keep very warm, nor take nothing in the working; but you may walk about after it has work'd once; take it three mornings together, or more if there be occaſion, till the ſtomach

is clear. There is no caſe where a vomit is proper, but this is good.

A fine Purge.

TAKE an ounce of liquorice, ſcrape it and ſlice it thin, and a ſpoonful of coriander-ſeeds bruiſed; put theſe into a pint of water, and boil it a little; then ſtrain this water into an ounce of ſena, let it ſtand ſix hours; ſtrain it from the ſena, and drink it faſting.

A purging Diet-drink in the Spring.

TAKE ſix gallons of ale, three ounces of rhubarb, 12 ounces of ſena, 12 ounces of madder-roots, 12 ounces of dock-roots, 12 handfuls of ſcabious, 12 handfuls of agrimony, three ounces of aniſeeds; ſlice and cut theſe, put them in a bag, and let it work in the ale; drink of it three or four times a day.

For a ſore Mouth in Children.

TAKE half a pint of verjuice, ſtrain into it four ſpoonfuls of the juice of ſage; boil this with fine ſugar to a ſyrup, and with a feather anoint the mouth often; touch it not with a cloth, or rub it: the child may lick it down, it will not hurt it.

To create a good Appetite, and ſtrengthen the Stomach.

TAKE of the ſtomachick pill with gums, extractum rudii, of each a dram, reſin of jallap half a ſcruple, tartar vitriolated one ſcruple, oil of aniſeeds, four drops; mix with ſyrup of violets, and make into pills, of which take four or five over night; they are of excellent uſe in the megrims and vertigo, by reaſon they carry the humour off from the ſtomach, which fumes up into the head.

A very good Medicine for the Bloody Flux.

TAKE of the beſt rhubarb fine-powdered half an ounce, of red ſanders two drams, cinamon one dram, crocus martis aſtringent three drams, of *Lucatellus*'s balſam what ſuffices; make a maſs of pills, of which take three every night and morning for a fortnight. This has cured ſome that have loſt a vaſt quantity of blood, after other remedies had proved ineffectual.

For red or ſore Eyes.

TAKE a quarter of an ounce of white copperas, and an ounce of bole-armoniac; beat them to a fine powder, and beat an ounce of camphire groſsly in an iron mortar; ſet two quarts of ſpring-water on the fire; when it boils, take it off, and let it ſtand till 'tis lukewarm; then put in your powders, ſtirring till cold: Drop the clear in the eye.

For a Pain in the Stomach, or Heavineſs of Heart.

TAKE a pint of roſe-water, put to it ſome double-refin'd ſugar, and a pennyworth of ſaffron ty'd up in a piece of lawn: let it ſtand two or three days, and then at any time take three ſpoonfuls.

For Fits from Wind or Cold.

TAKE three drops of oil of amber in ſome burnt wine, or mace-ale. If it is given in black cherry-water, it is good to forward labour in childbed.

To make the red Balls.

TAKE rue, dragon, roſemary, ſage, balm, betony, plantane, pimpernel, dandelion, ſcabious, wormwood, mugwort, ſaxifrage, red bramble-top, tormentil, ſhepherds-purſe, lovage, carduus, centaury, angelica, agrimony, fumitory, ſcordium, of each one handful; gather theſe in dry weather, pick and chop them, put them in a broad pan, and pour

pour on them a pint of white wine, and let it ſtand nine or ten days in the ſun, ſtirring it ſometimes; then ſtrain it out, ſqueezing it with your hand; wipe your pan clean, and put in your juice, with half an ounce of powder of pearl prepar'd, half an ounce of *Venice* treacle, half an ounce of powder of coral, powder of crabs-claws two ounces, one ounce of double confection of alkermes, and of bole-armoniac powdered, as much as will make it the thickneſs of a ſyrup; let it ſtand in the ſun to dry two or three days, or till it will roll up into balls, what ſize you pleaſe; if 'tis too thin, uſe more bole-armoniac; dry them well, and keep them for uſe: ſcrape as much as will lie on a ſix-pence, and take it in a glaſs of ſack, or ſmall cordial, going to bed.

To make Elixir Proprietatis.

TAKE of myrrh four drams, aloes four drams, ſaffron four drams, infuſe them in a pint of the beſt brandy; firſt put in the ſaffron, and let it ſtand 12 hours, then the myrrh and aloes; ſet it by the fire three or four days, ſhaking it very often; then ſtrain it off. Take 60 or 70 drops, more or leſs, in a little white-wine, in a morning faſting, for a week or ten days together; 'tis good for any illneſs in the ſtomach, or in the bowels. 'Tis the beſt of phyſick for children.

To cure a Pimpled Face.

TAKE an ounce of live brimſtone, as much roch-allum, as much common ſalt; white ſugar-candy two drams, ſperma-ceti two drams; pound and ſift all theſe into a fine powder, and put it in a quart bottle; then put to it half a pint of brandy, three ounces of white lily-water, and three ounces of ſpring-water; ſhake all theſe well together, and keep it for uſe. When you uſe it, ſhake the bottle, and bathe the face well, and when you go to bed, dip rags in it, and lay it all over the face; in 10 or 12 days it will be perfectly cured.

A Purge for Hoarſeneſs, or any Illneſs on the Lungs.

TAKE four ounces of the roots of ſorrel, of hyſſop and maiden-hair, of each half a handful; raiſins a quarter of a pound ſtoned, ſena half an ounce, barley-water two quarts; put all theſe in a jug, and infuſe them in a kettle of water two hours; ſtrain it out, and take a quarter of a pint morning and night.

An Electuary for a cold or windy Stomach.

TAKE gum-guaiacum one ounce, cubebs a quarter of an ounce, cardamums a quarter of an ounce; beat and ſift all theſe, and mix it with ſyrup of gillyflowers into an electuary. Take night and morning the quantity of a nutmeg; drink a little warm ale after it.

An Electuary for a Pain in the Stomach.

TAKE conſerve of wood-ſorrel and mithridate an equal quantity; mix it well together, and take night and morning the quantity of a nutmeg; ſo do for fifteen days together.

To keep Artichokes all the Year.

IN the latter end of the ſeaſon boil them till they be half enough, and then dry them upon a hair cloth upon a kiln the ſpace of 50 hours, till they are very dry; lay them in a dry place; when you uſe them, ſoak them a night in water, and boil them till they are tender.

To keep Walnuts all the Year.

ALMOST in the latter end of the ſeaſon, take off the green ſhell of your nuts, and dry them on a hair-cloth on the kiln 40 hours; when they are dry, keep them for uſe; when you would uſe

uſe them, ſoak them three days in water, ſhifting them three times a day.

To make Ink.

GET one pound of the beſt galls, half a pound of copperas, a quarter of a pound of gum-arabick, a quarter of a pound of white ſugar-candy; bruiſe the galls, and beat your other ingredients fine, and infuſe them all in three quarts of white-wine or rain-water, and let them ſtand hot by the fire 3 or 4 days; then put all into a new pipkin, ſet it on a ſlow fire, ſo as not to boil; keep it frequently ſtirring, and let it ſtand five or ſix hours, till one quarter is conſum'd; and when cold, ſtrain it thro' a clean coarſe piece of linen; bottle it, and keep it for uſe.

To waſh Gloves.

TAKE the yolk of an egg, and beat it, and egg the gloves all over, and lay them on a table, and with a hard bruſh and water rub them clean; then rince them clean, and ſcrape white lead in water pretty thick, and dip the gloves in; let them dry, and as they begin to dry, ſtretch and rub them till they be limber, dry, and ſmooth; then gum them with gum-dragon ſteep'd in ſweet water, and let them dry on a marble ſtone. If you colour them, ſcrape ſome of the following colours amongſt the white lead; the dark colour is umber; for brick colour red lead; for a jeſſamy yellow oaker; for copper-colour red oaker; for lemon-colour turmerick.

To make Paſte for Hands.

BLANCH and beat a pound of bitter almonds, and in the beating put in two handfuls of ſtoned raiſins, and beat them together till they are very fine; then take three or four ſpoonfuls of ſack or brandy, as much ox-gall, three or four ſpoonfuls of brown ſugar, the yolks of three eggs; beat it well together, ſet it over the fire, and give it two or three boils;

boils; when it is almoſt cold, mix it with the almonds; put it in gallipots; the next day cover it cloſe, and keep it cool, and it will be good five or ſix months.

MEDICINES *and* SALVES.

To cure the Rickets.

OPEN a vein in both ears between the junctures, mix a little *Aqua-vitæ* with the blood, and with it anoint the breaſt, ſides and neck; then take three ounces of the green ointment, and warm a little of it in a ſpoon, and anoint the wriſts and ancles as hot as it may be endur'd; do this for nine nights juſt before bed-time; ſhift not the ſhirt all the time. If the veins do not appear, rub it with a little lint dipt in *Aqua-vitæ*, or elſe cauſe the child to cry, and that will make the veins more viſible, and bleed the better.

To make the Drink.

TAKE a quart of ſpring-water, of liverwort one handful, liquorice, aniſeeds, coriander-ſeeds, ſweet fennel-ſeeds and harts-horn, of each an equal quantity, 40 raiſins of the ſun, ſton'd; 14 figs: boil all theſe together till one half is conſumed, then put in three ſpoonfuls of honey, and boil it a little more; let it ſtand till it is cold, and ſtrain it out, and put in two ſpoonfuls of ſyrup of gilliflowers, and bottle it up; take two or three ſpoonfuls morning and evening.

The green Ointment.

TAKE rue, camomile, hyſſop, hogs-fennel, red fennel, roſemary, bays, ladies-mantle, pauls-betony,

betony, water-betony, balm, nep, valerian, mallows, nightſhade, plantane, comfry, adders-tongue, Roman wormwood, common wormwood, vervain, clary, agrimony, red ſage, ground-ivy, featherfew, ſelf-heal, melilot, bramble-tops, marſhmallows, ſanicle, ribwort, mayweed; of each of theſe, two large handfuls: pick and chop them, then take four pounds of butter unwaſh'd, and three pounds of boars-greaſe, melt them together, and put in the herbs, and let it boil two hours; then ſtrain it out, let it ſtand a little, and put it in pots for uſe.

Another way to cure the Rickets.

MAKE the drink thus: Take polypodium growing upon a church or oak three ounces ſcrap'd, liverwort and harts-tongue, of each a good handful, betony 20 leaves, white horehound and nep, of each four tops; boil all theſe together in three quarts of ſweet wort, till it is conſum'd to two quarts; then ſtrain it, and when it is cold, put to it two quarts of middling wort, ſo let it work together; then put it in a little veſſel, and when it has done working, take half a quarter of an ounce of rhubarb ſliced very thin, put it in a little linen bag, with a ſtone in it to keep it from ſwimming, and hang it in the veſſel; and when it is three days old, let the child drink of it a quarter of a pint in the morning, and as much in the afternoon at four o'-clock, or when the child will take it. You muſt likewiſe anoint the child morning and night with this following ointment: Take butter in the month of *May*, as ſoon as it is taken out of the churn, and waſh it with the dew of wheat; to a pound of butter, take a handful of red ſage, as much of rue, camomile, and of ſow'd hyſſop; boil all theſe in the butter, and ſcum it till it is boil'd clear; then ſtrain it out, and keep it in a gallipot for uſe: you muſt anoint the reins of the back and the ribs, ſtroking it downwards, and upon the ſmall of the belly, and ſwing the child often with the heels upwards.

To make Charity-Oil.

TAKE poplar buds in the beginning of *May* one handful, and put them into a pint and half of oil, and half a pint of *Aqua-vitæ*, and cover them cloſe, and let them ſtand till the following herbs are in ſeaſon; then add to your buds, betony, charity, ſanicle, the tops of St. John's-wort, when blown; adders-tongue, comfry, ſelf-heal, balm, ſouthern-wood, pennyroyal, flowers of red ſage, parſly, clowns all-heal, balſam, knotgraſs, ſweet-marjoram, lavender-cotton, red roſe-buds, chamomile, lavender-tops, when blown, of each of theſe herbs a ſmall handful; but of poplar-buds, red roſe-buds, and adders-tongue, double the quantity; gather the herbs in dry weather, and wipe them clean with a cloth; ſhred them pretty groſsly before you put them in, ſo let them ſteep in a ſtone pot; when all is in, cover it very cloſe, then ſet them on the fire in a ſkillet; let them ſimmer with a ſlow fire five or ſix hours, then ſtrain it out. This oil is good for any green wound, bruiſe, burn, or ach; and for bruiſes inward, taking a ſpoonful in a little warm ſack; and for any outward ſwelling, warm it, and anoint the part affected.

An excellent Plaiſter for any Pain, occaſion'd by a Cold or Bruiſe.

TAKE of the plaiſter of red lead and oxycroceum, of each equal parts; of the beſt *Theban* opium one ſcruple, ſpread it on leather, and lay it to the part that aches, after you have well anointed it with this ointment: Take of ointment of marſhmallows one ounce, oil of *Exeter* half an ounce, oil of ſpike, and ſpirit of harts-horn, of each a dram.

For a Dropſy.

TAKE of horſe-radiſh-roots ſlic'd thin, and ſweet fennel-ſeeds bruis'd, of each two ounces; ſmallage

ſmallage and fennel-roots ſlic'd, of each an ounce; of the tops of thyme, winter-ſavory, ſweet-marjoram, water-creſſes and nettles, of each a handful; bruiſe the herbs, and boil them in three pints of ſack, and three of water, to the conſumption of half; let it ſtand cloſe cover'd for 3 hours, then ſtrain it, and drink a draught of it twice a day ſweeten'd with ſyrup of fennel, faſting two hours after it.

For the Gripes.

TAKE a glaſs of ſack warm'd, and diſſolve in it as much *Venice-Treacle*, or *Diaſcordium*, as a hazel-nut; drink it off going to bed; cover warm.

To ſtay a Looſeneſs.

TAKE a very good nutmeg, and prick it full of holes, and toaſt it on the point of a knife; then boil it in milk till much be conſumed; then eat the milk with the nutmeg powder'd in it; in a few times it will ſtop.

For the Strangury.

TAKE half a pint of plantane-water, one ounce of white ſugar-candy finely powder'd, two ſpoonfuls of ſallad-oil, and the juice of a lemon; beat all theſe together very well, and drink it off.

For a Drought in a Fever.

TAKE of ſal-prunella one ounce, and diſſolve it in ſpring-water, and put as much ſugar to it as will ſweeten it; ſimmer it over the fire till 'tis a ſyrup; and put ſome into poſſet-drink, and take it two or three times a day, or when very thirſty.

A Plaiſter for an Ague.

TAKE right *Venice*-turpentine, and mix with it the powder of white hellebore-roots, till 'tis ſtiff enough to ſpread on leather. It muſt be laid all over the wriſt, and over the ball of the thumb, ſix hours before the fit comes.

For a Chin-Cough.

TAKE a ſpoonful of wood-lice, and bruiſe 'em, and mix them with breaſt-milk, and take them three or four mornings, according as you find benefit. It will cure; but ſome muſt take it longer than others.

An admirable Tincture for green Wounds.

BALSAM of *Peru* one ounce, ſtorax calamita two ounces, benjamin three ounces, aloe ſocatrina, myrrh, electuary pure, and frankincenſe, of each half an ounce; angelica roots and flowers of St. *John*'s wort, of each half an ounce, ſpirit of wine one pint; beat the drugs, ſcrape and ſlice the roots, and put it into a bottle; ſtop it well, and let it ſtand in the ſun *July*, *Auguſt*, and *September*; and then ſtrain it through a fine linen cloth, put it in a bottle, ſtop it cloſe, and keep it for uſe. Apply it to a green wound, dip a feather in it, and anoint the wound; then dip lint in it, and put on it, and bind it up with a cloth; but let no plaiſter touch it; twice a day wet the lint with a feather, but do not take it off till 'tis well.

To take off Blackneſs by a Fall.

RUB it well with a cold tallow candle, as ſoon as 'tis bruiſed; and this will take off the blackneſs.

To break a Boil.

TAKE the yolk of a new-laid egg, ſome honey and wheat flower; and mix it well together, and ſpread it on a rag, and lay it on cold.

A Poultice for a hard Swelling.

BOIL the fineſt wheat-flour in cream till 'tis pretty thick; then take it off, and put in mallows chopt; ſtir it, and apply it as hot as can be endured; dreſs it twice a day, and make freſh every time.

To

To ſtay Vomiting.

TAKE aſh-leaves, and boil them in vinegar and water, and apply them hot to the ſtomach; do this often.

A Poultice for a ſore Breaſt, Leg, or Arm.

BOIL wheat-flour in ſtrong-ale very well, and pretty thick; then take it off, and ſcrape in ſome boars-greaſe; let it not boil after the greaſe is in; ſtir it well, and apply it hot.

A Salve for a Blaſt, Burn, or Scald.

TAKE *May* butter freſh out of the churn, neither waſhed nor ſalted, and put into it a good quantity of the green inner rind of elder, and put it in a pipkin, and ſet that in a pot of boiling water; let it infuſe a day or two; then ſtrain it out, and keep it in a pot for uſe.

An excellent Remedy for Agues, which has been often tried with very great Succeſs.

TAKE of black ſoap, gunpowder, ſtinking tobacco and brandy, of each an equal quantity; mix them well together, and three hours before the fit comes, apply to the patient's wriſt; let this be kept on for a fortnight.

To cure the Biting of a mad Dog.

TAKE two quarts of ſtrong ale, two pennyworth of treacle, two garlick-heads, a handful of cinquefoil, ſage, and rue; boil them all together to a quart, ſtrain it, and give the patient three or four ſpoonfuls twice a day: take ditany, agrimony, and ruſty bacon, beaten well together, and apply to the ſore, to keep it from feſtering.

For ſpitting Blood.

TAKE of cinnabar of antimony one ounce, and mix it with two ounces of conſerve of red roſes; and take as much as a nutmeg at night and morning.

To know if a Child has Worms, or not.

TAKE a piece of white leather, and peck it full of holes with your knife, and rub it with wormwood, and ſpread honey on it, and ſtrew the powder of aloe ſocratina on it; lay it on the child's navel when he goes to bed; and if he has worms, the plaiſter will ſtick faſt; and if he have not, it will fall.

To ſtop Vomiting.

TAKE half a pint of mint-water, an ounce of ſyrup of violets, a quarter of an ounce of mithridate, and half an ounce of ſyrup of roſes; mix all theſe well together, and let the party take two ſpoonfuls firſt, and then one ſpoonful after every vomiting, till it is ſtay'd.

To cure the Tooth-ach.

LET the party that is troubled with the tooth-ach lie on the contrary ſide, and drop three drops of the juice of rue into the ear on that ſide the tooth acheth, and let it remain an hour or two, and it will remove the pain; if a needle is run through a wood-louſe, and immediately touch the aching tooth with that needle, it will ceaſe to ach.

A rare Mouth-water.

TAKE roſemary, rue, celandine, plantane, bramble-leaves, woodbine-leaves, and ſage, of each a handful; beat them, and ſteep them in a quart of the beſt white-wine vinegar, two days and nights; then preſs it well, and ſtrain it, and put to it ſix ounces of alum, and as much honey, and boil them a little

a little together ſoftly till the alum is conſumed; when it is cold, keep it for uſe.

To make Lozenges for the Heart-burn.

TAKE of white ſugarcandy a pound, chalk three ounces, bole-armoniac five ſcruples, crabs-eyes one ounce, red coral four ſcruples, nutmegs one ſcruple, pearl two ſcruples; let all theſe be beaten and ſifted, and made all into a paſte with a little ſpring-water; roll it out, and cut your lozenges out with a thimble; lay them to dry; eat four or five at a time, as often as you pleaſe.

To make Syrup of Garlick.

TAKE two heads of garlick, peel it clean, and boil it in a pint of water a pretty while; then put away that water, and put a pint more to your garlick, and boil it till the garlick is tender; then ſtraining it off, add a pound of double-refin'd ſugar to it, and boil it in ſilver or tin till it is a thick ſyrup; ſcum it well, and keep it for uſe; and take a ſpoonful in a morning faſting, another laſt at night, for a ſhort breath.

To prevent After-pains.

TAKE nine ſingle peony-ſeeds powder'd, the ſame quantity of powder of borax, and a little nutmeg; mix all theſe with a little white aniſeed-water in a ſpoon, and give it the woman; and a little aniſeed-water after it, as ſoon as poſſible after ſhe is laid in bed.

To cure the Tooth-ach.

TAKE half an ounce of conſerve of roſemary over night, and half a dram of extract of rudium in the morning; do this three times together; keep warm.

To cure the Jaundice.

TAKE a live tench, ſlit it down the belly, take out the guts, and clap the tench to the ſtomach as faſt as poſſible, and it will cure immediately.

To ſtop bleeding at Mouth, Noſe, or Ears.

IN the month of *May* take a clean linen cloth, and wet it in the ſpawn of frogs nine days, drying it every day in the wind; lay up that cloth, and when you have need, hold it to the place where the blood runs, and it will ſtop.

Another to ſtop Bleeding.

TAKE two handfuls of the tops of bramble-wood, and boil it in a quart of old claret till it comes to a pint; give ſix ſpoonfuls once in half an hour: in the winter the roots will do.

To cure the Dropſy.

TAKE ſix gallons of ale pretty ſtrong, but little hopt, then take alexander, red ſage, ſcurvygraſs, ground-ivy, and the long green leaves of flower-de-luce, of each two handfuls; bruiſe theſe well, and boil them well in ale; then ſtrain it out, and when it is cool, work it as other ale; put it in your veſſel, and when it is clear, drink of it in a morning faſting, and drink no other drink except white-wine; ſometimes drink good draughts of it at a time.

An excellent Medicine for Shortneſs of Breath.

TAKE half an ounce of flour of brimſtone, a quarter of an ounce of beaten ginger, and three quarters of an ounce of beaten ſena, and mix all together in four ounces of honey; take the bigneſs of a nutmeg night and morning for five days together; then once a week for ſome time; then once a fortnight.

For

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TAKE two quarts of elder-berry-juice when very ripe, put one quart in a pipkin to boil, and as it conſumes, put in the reſt by a little at a time; boil it to a balſam, it will take five or ſix hours in boiling. Take a little of it night and morning, or any time.

To cure a pimpled Face, and ſweeten the Blood.

TAKE ſena one ounce, put it in a ſmall ſtean-pot, and pour a quart or more of boiling water on it; then put as many prunes as you can get in; cover with paper, and ſet it in the oven with houſhold-bread; and take of this every day, one, two, three, or more of the prunes and liquor, according as it operates; continue this always, or at leaſt half a year.

To cure the Dropſy, Rheumatiſm, Scurvy, and Cough of the Lungs.

TAKE *Engliſh* orris-roots, ſquills, and elecampane-roots, each one ounce, hyſſop and hore-hound-leaves, each one handful, the inner rind of green elder and dwarf-elder, of each one handful, ſena one ounce and half, agarick two drams, ginger one dram; cut the roots thin, and bruiſe the leaves, and put them into two quarts of the beſt *Lisbon* wine; let theſe boil an hour and half on a gentle fire in an earthen mug, very cloſe ſtopt with a cork, and ty'd down with a bladder, that no air come to it, and ſo ſet it in a large pot of boiling water; ſet it ſo that no water get into the mug, which muſt hold three quarts, that all the ingredients may have room to go in; when it is almoſt cold, ſtrain it out very hard; you muſt ſcrape the elder downwards; take this for a week together if you can, and then miſs a day; and if that does not do, go on with your other

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other bottle of the ſame; take it in a morning faſting, ten ſpoonfuls at a time, without any poſſet-drink; it will both vomit and purge you; it is an unpleaſant taſte, therefore take a lump of ſugar after it; when it is quite cold, after it is ſtrain'd off, let it ſtand in a flagon to ſettle a night and a day, then bottle it up clear and fine for uſe: it is an admirable medicine.

To ſtop Bleeding.

TAKE a pint of plantane-water, put to it two ounces of iſinglas, and let it ſtand 24 hours to diſſolve; pour it from the dregs, and put in a pint of good red port-wine, and add to it three or four ſticks of cinamon, and two ounces of double-refin'd ſugar; give it a boil or two, and pour it off: let the party take two or three ſpoonfuls, two or three times a day.

To cure a Cancer.

TAKE a dram of the powder of crabs-claws finely ſearced, and made into paſte with damaſk-roſe-water, and dry'd in pellets of lozenges; powder the lozenges as you uſe them, and drink the powder in whey every morning faſting: if there be a ſore, and it is raw, anoint it with a ſalve made of dock-roots and freſh butter; make a ſeaton or iſſue in the neck, keep a low diet; keep from any thing that is ſalt, ſour, or ſtrong.

To cure the Joint-Evil.

TAKE good ſtore of elder-leaves, and diſtil them in a cold ſtill; let the perſon drink every morning and evening half a pint of this water, and waſh the ſores with it morning and evening, firſt warming it a little, and lay freſh elder-leaves on the ſores, and in a little time you will find they will dry up, but be ſure to follow it exactly; it has cured when all other remedies have failed.

For

For the Green-Sickness.

TAKE centaury the less, and wormwood and rosemary-flowers, of each a handful, gentian-root a dram, coriander-seeds two drams; boil these in a quart of water, sweeten it with syrup of steel, and take four or five spoonfuls in the morning, and as much in the afternoon.

To take off Freckles.

TAKE bean-flower-water, or elder-flower-water, or *May* dew gather'd from corn, of either the quantity of four spoonfuls, and add to it one spoonful of oil of tartar very new drawn; mix it well together, and often wash the face with it; let it dry on.

To make Pomatum.

TAKE almost a dram of white wax, two drams of *sperma ceti*, an ounce of oil of bitter almonds; slice your wax very thin, and put it in a gallipot, and put the pot in a skillet of boiling water; when the wax is melted, put in your *sperma ceti*, and just stir it together, then put in the oil of almonds; after that take it off the fire, and out of the skillet, and stir it till cold with a bone knife; then beat it up in rose-water till it is white; keep it in water, and change the water once a day.

A Salve for a Sprain.

TAKE a quarter of a pound of virgin-wax, a quarter of a pound of frankincense, half a pound of burgamy-pitch; melt them well together, stirring them all the while till they are melted; then give them a good boil, and strain them into water; work it well into rolls, and keep it for use; the more it is work'd, the better it is; spread it on leather.

A rare

A rare green Oil for Aches and Bruiſes.

TAKE a pottle of oil of olives, and put it into a ſtone pot of a gallon, with a narrow mouth; then take ſouthernwood, wormwood, ſage, and chamomile, of each four handfuls; a quarter of a peck of red roſe-buds, the white cut from them; ſhred them together groſsly, and put them into the oil; and once a day, for nine or ten days, ſtir them well; and when the lavender-ſpike is ripe, put four handfuls of the tops in, and let it ſtand three or four days longer, and cover'd very cloſe; then boil them an hour upon a ſlow fire, ſtirring it often; then put to it a quarter of a pint of the ſtrongeſt *aqua vitæ*, and let it boil an hour more; then ſtrain it thro' a coarſe cloth, and let it ſtand till it is cold, and keep it in glaſſes for uſe; warm a little in a ſpoon or ſaucer, and bathe the part affected.

To take out Spots of the Small-Pox.

TAKE half an ounce of oil of tartar, and as much oil of bitter almonds; mix it together, and with a fine rag daub it often on the face and hands, before the air has penetrated into the ſkin or fleſh.

For the Colick.

TAKE a dram and a half of Dr. *Holland*'s powder, and mix it in a little ſack, and take it, and drink a glaſs of ſack after it; it gives preſent eaſe.

An approved Remedy againſt ſpitting of Blood.

TAKE of the tops of ſtinging-nettles, plantane-leaves, of each a like quantity; bruiſe them, and ſtrain the juice out, and keep it cloſe ſtopt in a bottle, of which take three or four ſpoonfuls every morning and evening ſweeten'd with ſugar of roſes: the juice of comfry-roots drank with wine is alſo very good: let the patient be blooded at firſt, and

ſome-

ſometimes gently purg'd; but if there happens to be any inward ſoreneſs, occaſion'd by ſtraining, this electuary will be very convenient, *viz.* Take an ounce of *Lucatellus*'s balſam, of conſerve of roſes two ounces, twelve drops of ſpirit of ſulphur, to be made into a ſoft electuary with ſyrup of white poppies: the doſe is the quantity of a nutmeg every morning and evening.

A Receipt that cur'd a Gentleman who had a long time ſpit Blood in a great Quantity, and was waſted with a Conſumption.

TAKE of hyſſop-water, and of the pureſt honey, of each a pint; of agrimony and coltsfoot, of each a handful; a ſprig of rue, brown ſugarcandy, liquorice ſlic'd, ſhavings of harts-horn, of each two ounces; aniſeeds bruiſed one ounce, of figs ſliced, and raiſins of the ſun ſtoned, of each four ounces: put them all into a pipkin with a gallon of water, and boil it gently over a moderate fire till half is conſumed; then ſtrain it, and when it is cold, put it into bottles, being cloſe ſtopt: take four or five ſpoonfuls every morning, at four in the afternoon, and at night, the laſt thing: if you add freſh water to the ingredients, after the firſt liquor is ſtrain'd off, you will have a pleaſant drink, to be uſed at any time when you are dry.

An infallible Cure for the galloping Conſumption.

TAKE half a pound of raiſins of the ſun ſtoned, a quarter of a pound of figs, a quarter of a pound of honey, half an ounce of *Lucatellus*'s balſam, half an ounce of powder of ſteel, half an ounce of flour of elecampane, a grated nutmeg, one pound of double-refin'd ſugar pounded; ſhred, and pound all theſe together in a ſtone mortar; pour into it a

pint

pint of ſallet-oil by degrees; eat a bit of it four times a day the bigneſs of a nutmeg; every morning drink a glaſs of old *Malaga* ſack, with the yolk of a new-laid egg, and as much flour of brimſtone as will lie upon a ſix-pence; the next morning as much flour of elecampane, alternately; and if this will not cure you, the Lord have mercy upon you.

For the Scurvy.

TAKE a pound of guaiacum-bark, and half a pound of ſaſſafras, and a quarter of a pound of liquorice; boil all theſe in three quarts of water, till it comes to three pints; and when it is cold, put it in a veſſel with two gallons of ale: in three or four days it is fit to drink, and drink no other drink for ſix or twelve months, according to the violence of the diſtemper; it will certainly cure.

For the Jaundice.

TAKE ſome tares (ſuch as you feed pigeons with) and dry them in an oven, and beat them to powder, and ſift them, and take a ſpoonful of that powder in a morning faſting, and drink half a pint of white-wine after it; and do this for three mornings together, and it will cure, tho' very far gone.

For Corns on the Feet.

TAKE the yeaſt of beer, (not of ale) and ſpread it on a linen rag, and apply it to the part affected; renew it once a day for three or four weeks; it will cure.

For Chilblains.

ROAST a turnip ſoft, beat it to maſh, and apply it as hot as can be endur'd to the part affected; let it lie on two or three days, and repeat it two or three times.

To

To ſtop Bleeding inwardly.

TAKE two drams of henbane-ſeed, and the like of white poppy-ſeed; beat them up with conſerve of roſes, and give the quantity of a nutmeg at a time; or take 12 handfuls of plantane-leaves, and ſix ounces of freſh comfry-roots; beat theſe, and ſtrain out the juice, and add to it ſome fine ſugar, and drink it off.

To ſtop Vomiting.

TAKE a large nutmeg, grate away half of it, and then toaſt the flat ſide till the oil ouze out; then clap it to the pit of the ſtomach, let it lie ſo long as it is warm; repeat it often till cur'd.

To kill a Tetter.

TAKE flour of brimſtone, ginger, and burnt alum, a like quantity; mix it with freſh butter unſalted, anoint as hot as can be endur'd at bed-time; in the morning waſh it off with celandine-water heated; while this is continued, the party muſt ſometimes take cordials, to keep the humour from going inward.

An Ointment for a Blaſt.

TAKE velvet-leaves, and wipe them clean, and chop them ſmall, and put them to unſalted butter out of the churn, and boil them gently till the goodneſs is out of the leaves; then ſtrain it into a gallipot, and keep it for uſe; lay velvet-leaves over the part, after it is anointed.

A Poultice to ripen Tumours.

TAKE half a pound of figs, two ounces of white lily-roots, two ounces of bean-flour or meal; boil theſe in water till it comes to a poultice; ſpread it thick on a cloth, apply it warm, and ſhift it as often as it grows dry.

For the Teeth.

TAKE a pint of ſpring-water, put to it ſix ſpoonfuls of the beſt brandy, waſh the mouth often with it, and in the morning roll a bit of alum a little while in the mouth.

For a Drought in a Fever.

MAKE barley-water, ſweeten it with ſyrup of violets, and tincture it with ſpirit of vitriol; let them drink ſometimes of this; put *ſal prunella* in beer or poſſet-drink, and ſometimes drink of that; and if they are ſick or faint, give a ſpoonful of cordial in a diſh of tea.

A Powder that has reſtored Sight when almoſt loſt.

TAKE of betony, celandine, ſaxifrage, eyebright, pennyroyal, and leviſticum, of each a handful; of aniſeeds and cinamon, of each half an ounce; take alſo of grains of paradiſe, ginger, hyſſop, parſly, origany, oſier of the mountain, of each one dram; galingal and ſugar, of each an ounce; make all into a fine powder, and eat of it every day with your meat ſuch a quantity as you uſed to eat of ſalt, and inſtead of ſalt: oſier, you muſt have that at the phyſick-garden.

For a Cough ſettled on the Stomach.

TAKE half a pound of figs ſliced, raiſins of the ſun ſtoned as many, and a ſtick of liquorice ſcraped and ſliced, a few aniſeeds, and ſome hyſſop waſh'd clean; put all theſe in a quart of ſpring-water, boil it till it comes to a pint; then ſtrain it, and ſweeten it with white ſugarcandy: take two or three ſpoonfuls morning and night, and when the cough troubles you.

To cure a Dropſy.

TAKE of horſe-radiſh roots, ſlic'd the long way as thin as you can, two ounces; ſweet fennel-roots ſlic'd two ounces, ſweet fennel-ſeeds beaten two ounces, the tops of thyme, winter-ſavory, ſweet marjoram, water-creſſes and nettle-tops, of each one handful, wip'd and ſhred ſmall; boil theſe in three pints of ſpring-water a quart of ſack, and a pint of white-wine; cover it cloſe, and let it boil till half be conſumed; then take it off the fire, and let it ſtand to ſettle three hours; then ſtrain it out, and to every draught put in an ounce of the ſyrup of the five roots, which you may have ready made at an apothecary's. Take this in the morning faſting, and at three o'clock in the afternoon, and faſt three hours after it. If the party have the ſcurvy, (which uſually goes with the dropſy) then add a ſpoonful of the juice of ſcurvygraſs to each draught.

An excellent Method to cure the Dropſy.

TAKE a good quantity of black ſnails, ſtamp them well with bay-ſalt, and lay to the hollow of the feet, putting freſh twice a day; take likewiſe an handful of ſpear-mint and wormwood, bruiſe them, and put them in a quart of cream, which boil till it comes to an oil; then ſtrain, and anoint thoſe parts which are ſwell'd. Take of the tops of green broom, which after you have dry'd in an oven, burn upon a clean hearth to aſhes, which mingle very well with a quart of white-wine; let it ſtand all night to ſettle, and in a morning drink half a pint of the cleareſt; at four in the afternoon, and at night going to bed, do the ſame. Continue laying the poultice to your feet, and drinking the white-wine for three weeks together; this method has been often us'd with ſucceſs.

An experienc'd Eye-water to ſtrengthen the Sight, and prevent Cataracts.

TAKE of eyebright-tops two handfuls, of celandine, vervain, betony, dill, ground-pine, clary, avens, and pimpernel, of each an handful, roſemary-flowers an handful; of capon's-gall and aloes bruis'd, of each half an ounce, of long-pepper a dram; infuſe 24 hours in two quarts of white-wine, then draw it off in a glaſs-ſtill; drop the water with a feather into the eye often.

For Stuffing in the Lungs.

TAKE white ſugar-candy powder'd and ſifted two ounces, *China* roots powder'd and ſifted one ounce; flour of brimſtone one ounce. Mix theſe with conſerve of roſes, or the pap of an apple; and take the bigneſs of a walnut in the morning, faſting an hour after it; and the laſt at night, an hour after you have eaten or drank.

To cure Spitting of Blood, if a Vein is broken.

TAKE mice-dung beaten to powder, as much as will lie on a ſix-pence; and put it in a quarter of a pint of the juice of plantane, with a little ſugar: Give it in the morning faſting, and at night going to bed. Continue this ſome time, and it will make whole, and cure.

To give Eaſe in a violent Fit of the Stone.

TAKE a quart of milk, and two handfuls of dry'd ſage, a pennyworth of hempſeed, one ounce of white ſugar-candy: Boil all theſe together a quarter of an hour, and then put in half a pint of rheniſh-wine. When the curd is taken off, with the ingredient, put it in a bag, and apply it to the grieved part; and of the liquor drink a good glaſs-full. Let both be as hot as can be endured. If there is not

eaſe

eaſe the firſt time, warm it again, and uſe it. It ſeldom fails.

For the Strangury.

TAKE three ſpoonfuls of the juice of chamomile in a ſmall glaſs of white-wine, thrice a day, for three days together.

To procure eaſy Labour.

TAKE half a pound of figs, half a pound of raiſins of the ſun ſton'd, four ounces of liquorice ſcrap'd and ſlic'd; one ſpoonful of aniſeeds bruiſed; boil all theſe in two quarts of ſpring-water, till one pint is waſted; then ſtrain it out, and drink a quarter of a pint of it morning and evening ſix weeks before the time.

To procure ſpeedy Delivery when the Throws are gone.

TAKE half a dram of borax powder'd, and mix'd with a glaſs of white-wine, ſome ſugar, and a little cinamon-water: if it does no good the firſt time, try it again two hours after, ſo likewiſe the third time.

To bring the After-Birth.

GIVE 30 or 35 drops of oil of juniper in a good glaſs of ſack.

To prevent After-Pains.

TAKE half an ounce of large nutmegs, and toaſt them before the fire, and one ounce of the beſt cinamon, and beat them together; then mix it with the whites of two eggs, beating it together in a porringer; and take every morning in bed as much as will lie on the point of a knife, and ſo at night; and drink after it the following caudle:

Take a quarter of a pint of *Alicant* wine or tent, a quarter of a pint of red roſe-water, and a quarter of a pint of plantane-water; mingle all three toge-

ther, and beat three new-laid eggs, yolks and whites, and make a caudle of them; put into it two ounces of double-refin'd ſugar, a quarter of an ounce of cinamon; you muſt boil the cinamon in the wine and water before the eggs are in; and after all is mixed, put to it half a dram of the powder of knot-graſs; take of this ſix ſpoonfuls morning and evening after the electuary.

Another for the ſame.

TAKE a ſmall quantity of bole-armoniac, and boil it in new milk. Let the party drink of it morning and evening, if it be either a woman with child, or in child-bed.

Take alſo ſome hog's-dung, and wrap it in a fine linen rag, warm it well, and put it to the lower part of the belly, and it will ſtop immediately.

To ſtop Floodings.

TAKE the white of an egg, and beat it well with four or five ſpoonfuls of red roſe-water, and drink it off morning and night nine mornings together; it has cured when all other things have failed.

Let the party often take iſing-glaſs boiled or diſſolved in warm new milk, a pint at a time.

A Plaiſter for a Weakneſs in the Back.

TAKE plantane, comfry, knot-graſs, ſhepherd's-purſe, of each one handful; ſtamp them ſmall, and boil them in a pound of oil of roſes, and a little vinegar; when 'tis well boil'd, ſtrain it, and ſet it on the fire again, and put to it four ounces of wax, one ounce of chalk, bole-armoniac one ounce, and terra-ſigillata one ounce; boil all well, keeping it ſtill ſtirring; then cool it, and make it into rolls, and keep it for uſe; ſpread it on leather when you lay it to the back.

A Drink for the ſame.

TAKE four roots of comfry, and of knot-graſs and clary one handful, a ſprig of roſemary, a little galengal, a good quantity of cinamon and nutmeg ſliced, the pith of the chine of an ox. Stamp and boil all theſe in a quart of muſcadine, then ſtrain it, and put in ſix yolks of eggs; ſweeten the caudle to your taſte with double-refin'd ſugar, and drink a good draught morning and evening. Take of crocus martis, and conſerve of red roſes mixed together, three or four times a day.

For the Dyſentery or Bloody-Flux.

TAKE an iron ladle; anoint it with fine wax; put into it glaſs of antimony, what you pleaſe; ſet it on a ſlow fire, without flame, half an hour, ſtill ſtirring it with a ſpatula; then pour it out on a clean linen cloth, and rub off all the wax. Grind it to powder.

This is the receipt as I got it; but I kept it three quarters of an hour on the fire, and could not rub off any wax. The doſe for a boy of 7 or 8 years, 3 grains; for a weak adult, 5 grains; for a ſtrong woman, 12 or 14 grains; for a very ſtrong man, 18 or 20 grains.

N. B. I never gave above 14 grains, and in the making of it put about a dram of wax to an ounce of the glaſs. It ſometimes vomits, always purges, and ſeldom fails of ſucceſs. I always intermit one day at leaſt betwixt every doſe.

For a Flux.

TAKE a pint of new milk, and diſſolve in it half a quarter of a pound of loaf-ſugar, as much mithridate as the bigneſs of a walnut; give this for a clyſter moderately warm; repeat it once or twice, if there be occaſion.

For the Falling down of the Fundament.

TAKE ginger and ſlice it, and put it in a little pan, heat it by clear well kindled coals, and put it in a cloſe-ſtool. Let the party ſit over it, and receive the fume; caſt in the ginger by little and little, and keep warm.

To increaſe Milk in Nurſes.

MAKE gruel with lentils, and let the party drink freely of it; or elſe boil them in poſſet-drink, which they like beſt.

A good Purge.

INFUSE an ounce of ſena in a pint of water, till half be conſumed; when 'tis cold, add to it one ounce of ſyrup of roſes, and one ounce of ſyrup of buckthorn; mix them well together. This quantity makes two ſtrong purges for either man or woman, and four for a child.

To prevent Miſcarrying.

TAKE of dragons-blood the weight of a ſilver two-pence, and a dram of red coral, the weight of two barley-corns of ambergreaſe, the weight of three barley-corns of *Eaſt-India* bezoar; make all theſe into a very fine powder, and mix them well together, and keep them cloſe in a box; and if you are frighted, or need it, take as much at a time as will lie on a penny, and keep very ſtill and quiet. Take it in a caudle made with muſcadine or tent, and the ſhucks of almonds dried and beaten to powder, and thicken it with the yolks of eggs. Take it in a morning faſting, and at night going to bed; this do till you are out of danger, and lay the following plaiſter to the back:

Take *Venice* turpentine, and mix with it bole-armoniac, and ſpread it on black-brown paper the length and breadth of a hand, and lay it to the ſmall of the back, keeping bed.

For

For the Green-ſickneſs.

TAKE an ounce of the filings of ſteel, or ruſty iron beaten to powder, and mix it with two ounces of the flour of brimſtone; then mix it up into an electuary with treacle; the party muſt take the quantity of a nutmeg in the morning faſting, and at four in the afternoon, and continue it till cured.

To procure a good Colour.

TAKE germander, rue, fumitory, of each a good handful, one pennyworth of ſaffron tied up in a rag, half a pound of blue currants bruiſed; ſtamp the herbs, and infuſe all theſe ingredients in three pints of ſack over a gentle fire till half be conſumed; drink a quarter of a pint morning and evening, and walk after it; repeat this quantity once or twice.

You may add a ſpoonful of the following ſyrup to every draught: Take three ounces of the filings of ſteel, and put it in a glaſs bottle with a dram of mace, and as much cinamon; pour on them a quart of the beſt white wine, ſtop it up cloſe, and let it ſtand 14 days, ſhaking the bottle every day; then ſtrain it out into another bottle, and put two pound of fine loaf-ſugar to it finely beaten; let it ſtand till the ſugar is diſſolved without ſtirring it; then clear it into another bottle, and keep it for uſe.

A Receipt for the Gout.

THE following preſcription of the celebrated Meſſieurs *Boerhaave* and *Oſterdyke*, for the cure of the gout, has been tried with ſo much ſucceſs by a gentleman who was afflicted with that diſtemper from the age of 15 to upwards of 40, and is now, as he hopes, perfectly cured of it, and is returning (with all proper caution) to his uſual (temperate) manner of living; and it has beſides done ſo much good to ſeveral others to whom the ſalutary regimen has been communicated, that he thinks he can-

not do a more acceptable ſervice to the publick, nor make a better acknowledgment for the benefit he has received by it, than to publiſh the ſame for the general good of his fellow creatures; and though he cannot anſwer for it, that it may have the ſame happy effects on every conſtitution that it has had with him, yet he doubts not that the innocence of the method preſcribed, and the diſintereſted manner in which he offers it to the publick; will be a ſufficient juſtification of his good intentions, and a better recommendation of its genuineneſs and efficacy, than any thing he can ſay further on this ſubject.

Profeſſors BOERHAAVE *and* OSTERDYKE's *Regimen preſcrib'd for the Gout.*

THEY are of opinion, that the gout is not to be cur'd by any other means but by a milk diet, which will in twelve months time alter the whole maſs of blood; and in order thereto, the following directions muſt be ſtrictly obſerv'd and follow'd:

I. You muſt not taſte any liquor, only a mixture of one third milk and two thirds water, your milk as new as you can get it, and to drink it as often as you have occaſion for it, without adding any other to it. A little tea and coffee is likewiſe permitted, with milk.

II. In a morning, as ſoon as awake, and the ſtomach has made a digeſtion, you muſt drink eight ounces of ſpring-water, and faſt two hours after; then eat milk and bread, milk-pottage, or tea, with milk, with a little bread and freſh butter.

III. At dinner you muſt not eat any thing but what is made of barley, oats, rice, or millet-ſeed, carrots, potatoes, turnips, ſpinage, beans, peaſe, *&c.* You may likewiſe eat fruit when full ripe, baked pears or apples, apple-dumplins, but above all milk and biſket is very good, but nothing ſalt or ſour, not even a *Seville* orange.

IV. At ſupper you muſt eat nothing but milk and bread.

V. It

V. It is neceſſary to go to bed betimes, even before nine o'clock, to accuſtom yourſelf to ſleep much, and uſe yourſelf to it.

VI. Every morning before you riſe, to have your feet, legs, arms and hands, well rubb'd with pieces of woolen cloth for half an hour, and the ſame going to bed. This article muſt be ſtrictly obſerved; for by this means the humours, knobs, and bunches will be diſſipated, and prevent their fixing in the joints, by which they become uſeleſs.

VII. You muſt accuſtom yourſelf to exerciſe, as riding on horſe-back, which is beſt, or in any coach, chaiſe, *&c.* the more the better; but take care of the cold weather, winds, and rain.

Laſtly, In caſe a fit of the gout ſhould return, and be violent, which they are of opinion will not, then a little doſe of opium, or laudanum, may be taken to compoſe you; but no oftner than neceſſity requires. They are of opinion, that your father or mother having the gout, is of no conſequence, if you will reſolve to follow the foregoing directions ſtrictly.

For the Gout.

TAKE a pound of bees-wax, and half a pound of roſin, of olibanum four ounces, of litharge of gold finely powder'd, and white-lead, of each twelve ounces; of neat's-foot oil, a pint. Set the oil, together with the bees-wax and roſin, over the fire; as ſoon as they are melted, put in the powders, keeping it continually ſtirring with a ſtick; as ſoon as it is boiled enough, take it off the fire, and pour it on a board anointed with neat's-foot oil, and make it into rolls; apply this plaiſter, ſpread on ſheep's leather, to the part affected; once a week take of caryocoſtinum, the quantity of a large nutmeg diſſolved in white-wine, keeping yourſelf warm after it; by applying this plaiſter, and taking the caryocoſtinum, there are many which have found very great benefit.

Another

Another of the ſame.

TAKE as much *Venice* treacle as a hazel-nut, mix'd up with a ſcruple of *Gaſcoign*'s powder three or four nights together, when the fit is either on you, or coming on.

For the Piles.

TAKE of the tops of parſley, of mullet, and of elder-buds, of each one handful; boil in a ſufficient quantity of freſh butter till it looks green, and has extracted the ſmell of the herbs; ſtrain, and anoint the place with it three or four times a day.

A bitter Draught,

TAKE of the leaves of *Roman* wormwood, the tops of centaury and St. *John*'s-wort, of each a ſmall handful, roots of gentian ſlic'd two drams, caraway-ſeeds half an ounce; infuſe theſe in half a pint of rheniſh, and three pints of white-wine, for four or five days; take a quarter of a pint in a morning, filling up the bottle, and it will ſerve two or three months.

For the Piles.

TAKE calcin'd oyſter-ſhells, mix it with honey, and anoint the part tenderly night and morning.

Another for the ſame.

TAKE a ſheet of lead, and have a piece of lead made like a ſlickſtone; then between them two grind white lead and ſallet-oil till it is very fine; put it in a gallipot for uſe. If the piles are inward, cut a piece of old tallow candle, and dip it in this ointment, and put it up: if outward, put ſome on a fine rag, and put it to them.

For the Hemorrhoides inflam'd.

LET the party dip their finger in balſam of ſulphur made with oil of turpentine, and anoint the place two or three times a day.

For

For Coſtiveneſs.

TAKE virgin-honey a quarter of a pound, and mix it with as much cream of tartar as will bring it to a pretty thick electuary, of which take the bigneſs of a walnut when you pleaſe; and for your breakfaſt eat water-gruel with common mallows boil'd in it, and a good piece of butter; the mallows muſt be chopt ſmall, and eaten with the gruel.

To raiſe a Bliſter.

THE ſeeds of *Clemmatis Peregrina* being bound hard on any place, will in an hour or two raiſe a bliſter, which you muſt cut and dreſs with melilot plaiſter or colewort leaves, as other bliſters.

Likewiſe leaven mix'd with a little verjuice, and about half a pennyworth of *Cantharides* flies, and ſpread on leather the bigneſs you pleaſe, will in nine or ten hours raiſe a bliſter, which dreſs as uſual.

Plaiſter for the Feet in a Fever.

TAKE of briony-roots one pound, tops of rue a handful, black ſoap four ounces, and bay-ſalt two ounces; beat all theſe in a maſh, and out of this ſpread on a cloth for both feet; apply it warm, and ſew cloths over them, and let them lie 12 hours; if there be occaſion, renew them three times.

A Drink for a Fever.

TAKE a quart of ſpring-water, and boil in it an ounce of burnt harts-horn, a nutmeg quarter'd, a ſtick of cinamon; let it boil a quarter of an hour; when it is cold, ſweeten it to your taſte with ſyrup of lemons or fine ſugar, with as many drops of ſpirit of vitriol as will juſt ſharpen it. Drink of this when you pleaſe.

A Vomit.

TAKE ſeven or eight daffodil-roots, and boil them in a pint of poſſet-drink, and in the working

working drink carduus-water a gallon or more; your poſſet muſt be cold when you drink it, and your carduus-tea muſt be blood-warm; if it works too much, put ſome ſalt in a diſh of poſſet, and drink it off.

For the Hickup.

TAKE three or four preſerv'd damſins in your mouth at a time, and ſwallow them by degrees.

For the Cramp.

TAKE of roſemary-leaves, and chop them very ſmall, and ſew them in fine linen, and make them into garters, and wear them night and day; lay a down pillow on your legs in the night.

For Weakneſs in the Hands after a Palſy.

TAKE of the tops of roſemary, bruiſe it, and make it up into a ball as big as a great walnut, and let the party roll it up and down in their hand very often, and graſp it in the hand till it is hot; do this very often.

For an old Ach or Strain.

TAKE an ounce of *Lucatellus*'s balſam, and mix it with two drams of oil of turpentine, gently heat it; anoint the place, and put new flannel on it.

A new Method for curing the Venereal Diſeaſe.

IT need not be ſaid what direful accidents daily happen to people by ſalivations, as the loſs of teeth, of hearing, of a healthful conſtitution, and often even loſs of life itſelf; and what makes this caſe ſtill more deplorable is, that it has been generally thought, that nothing but an high ſalivation is the proper and adequate cure for this diſtemper; but the learned Dr. *Chicoyneau* has happily diſcover'd and prov'd the contrary; his method, which is ſometimes call'd *the Montpellier method*, and ſometimes *the new French*

French method, and which is attended with very little pain, and no danger at all, is as follows:

The doctor, according as he finds the patient's caſe to be, ſometimes orders a little blood to be taken away, ſometimes a gentle purge or two to be taken; but always makes him bathe five or ſix times, and always an hour each time; after which the whole operation conſiſts in nothing more than rubbing his feet, legs, and arms, four, five, or ſix times, as the caſe requires, with a mercurial ointment, in ſuch quantities, and at ſuch proper intervals of time, that no high ſalivation may be rais'd thereby; ſometimes indeed, but not always, a gentle, moderate ſpitting will enſue, nor is it poſſible in ſome conſtitutions to prevent it; but then it is never carry'd high nor encourag'd, it is neither troubleſome nor dangerous; the patient during this time keeps his chamber, and obſerves a regular diet, and all he ſuffers is only a little feveriſh heat and reſtleſſneſs ſometimes for a day or two, when the operation is at the height.

After this manner only, without any further trouble or danger, does Dr. *Chicoyneau* cure the moſt inveterate pox, with all its ſymptoms and attendants; it is therefore greatly to be wiſh'd that all our ſurgeons, and others who undertake the cure of this diſeaſe, could be prevail'd on, out of regard to the eaſe and ſafety of mankind, wholly to lay aſide the old pernicious way of ſalivation, and embrace this new and ſafe method.

There are ſome hundreds of gentlemen in *England* that can from their own experience bear witneſs to the excellency and efficacy of it; I myſelf, and three others that are now in company with me, have been all cur'd by it, two by Dr. *Chicoyneau* himſelf, in *France*, and the other two here in *London*.

If any perſon is deſirous to be further inform'd as to this practice, he may conſult a book written by Dr. *Chicoyneau*, and tranſlated into *Engliſh* by Dr. *Willoughby*, entitled, *The Practice of Salivation ſhewn to be of no Uſe or Efficacy in the Cure of the Venereal Diſeaſe*,

but

but greatly prejudicial to it, &c. or elſe a treatiſe publiſhed by Dr. *Didier*, one of the Profeſſors at *Montpelier*; or laſtly, a pamphlet lately publiſh'd here, entitled, *A Letter from a Phyſician in* London *to his Friend in the Country*, giving an account of the *Montpelier* practice in curing the venereal diſeaſe, *&c.*

For the Jaundice.

TAKE half an ounce of rhubarb made into powder, and beat it well, with two handfuls of good currants well cleans'd; and of this electuary take every morning a piece as big as a nutmeg for 14 or 15 mornings together, or longer, if need require.

For the Colick.

TAKE half a pint of Dr. *Stevens*'s water, as much plague-water, as much juniper-berry-water, and an ounce of powder of rhubarb; ſhake the bottle, and take four or five ſpoonfuls at a time when the fit is on you, or likely to come.

For a Burn.

MIX lime water with linſeed-oil, beat it together, and with a feather anoint the place, and put on a plaiſter to defend it.

To cure a Place that is ſcalded.

TAKE linſeed-oil, and put to it as much thick cream, beat them together very well, and keep it for uſe; anoint the place that is ſcalded twice a day, and it will cure it; put on it ſoft rags, and let nothing preſs it.

The bitter Draught.

TAKE of gentian-root three drams, of chamomile-flowers one ounce, of roſemary-flowers one ounce, tops of centaury, tops of *Roman* wormwood, tops of carduus, of each one handful; boil all theſe in 2 quarts of ſpring-water till it comes to a quart; you may add a pint of white-wine to it; ſtrain it out,

out, and when it is cold, bottle it; drink a quarter of a pint in the morning, and as much at four o' clock in the afternoon.

To draw out a Thorn.

TAKE the roots of comfrey, and bruiſe them in a mortar with a little boars-greaſe, and uſe this as a plaiſter.

For a ſcald Head.

TAKE three ſpoonfuls of juice of comfry, two pennyworth of verdigreaſe, and half a pound of hogs-lard; melt it together, but let it not boil; cut off the hair, and anoint the place; it will cure it.

For the Falling-Sickneſs.

TAKE the after-birth of a woman, and dry it to powder, and drink half an ounce thereof in a glaſs of white-wine for ſix mornings together: if the patient be a man, it muſt be the after-birth of a female child; if a woman, the contrary.

For the Trembling at the Heart.

MAKE a ſyrup of damaſk-roſes, and add thereto a ſmall quantity of red coral, pearl, and amber-greaſe, all finely beaten and powder'd; take this ſo long as your pain continues, about a ſpoonful at a time.

For a Pleuriſy, if the Perſon cannot be blooded.

TAKE of carduus, the ſeeds or leaves, a large handful; boil them in a pint of beer till half is conſum'd; then ſtrain it, and give it the party warm; they muſt be faſting when they take it, and faſt ſix hours after it, or it will do them harm.

To draw a Rheum from the Eyes.

ROAST an egg hard, then cut out the yolk, and take a ſpoonful of cummin-ſeed, and a handful of bears-foot; bruiſe them, and put them into the white of the egg, ſo lay it hot on to the nape of the neck, bind it on with a cloth, and let it lie 24 hours, ſo lay on freſh again; it will cure in a little time.

To clear the Eyes.

TAKE the white of hens-dung, dry it very well, and beat it to powder; ſift, and blow it into the eyes when the party goes to bed.

For a Pin or Web in the Eye.

TAKE the gall of a hare, and honey, of each a like quantity; mix them together, and take a feather, and put a little into the eye, and it will cure in two or three days.

If a hair or fiſh-bone ſtick in the throat, immediately ſwallow the yolk of a raw egg; it is a very good thing.

An extraordinary Ointment for Burns and Scalds.

TAKE of red dock-leaves, and mallow-leaves, of each a large handful, two heads of houſleek, of green elder, the bark being ſcrap'd from it, a ſmall handful; waſh the herbs and the elder, which being cut ſmall, boil in a pint and half of cream; boil till it comes to an oil, which, as it riſes up, take off with a ſpoon; afterwards ſtrain, and put to it three drams of white lead powder'd fine.

A very good Drink to be uſed in all Sorts of Fevers.

TAKE two ounces of burnt harts-horn, boil it with a cruſt of bread in three pints of water to a quart; ſtrain, and put to it of barley, cinamon-water, two

two ounces, cochineal half a dram; sweeten it with fine sugar, and let the patient, as often as he is thirsty, drink plentifully of it; rub the cochineal in a mortar together with the sugar.

To cure the Yellow or Black Jaundice.

TAKE a quart of white-wine, a large red dock-root, a bur-root, that which bears the small bur, two pennyworth of turmerick, a little saffron, a little of the white of goose-dung that feeds on the green; boil all these together a little while, then let it run thro' a strainer; drink it morning and evening three days.

A Plaister for the Sciatica.

TAKE of yellow wax a pound, the juice of marjoram and red sage, of each six spoonfuls, juice of onions two spoonfuls; let all these boil together till the juice is consumed; and when it is cold, put in two ounces of turpentine, and of nutmegs, cloves, mace, aniseeds, and frankincense, of each a pennyworth, finely powder'd; stir it well together, and make a plaister.

A Salve for the King's-Evil.

TAKE a burdock-root, and a white lily-root, wash, dry, and scrape them, wrap them in brown paper, and roast them in the embers; when they are soft, take them out, and cut out the burn or hard, and beat them in a mortar with boars-grease and beanflour; when it is almost enough, put in as much of the best turpentine as will make it smell of it; then put it in a pot for use.

The party must take inwardly two spoonfuls of lime-water in the morning, and fast two hours after it, and do the same at four o'clock in the afternoon; if there be any swelling of the evil, they must bathe it with this water a quarter of an hour together, a little warm'd, and wet a cloth, and bind it on the place; but if the skin be broken, only wash it in the

water, and ſpread a thin plaiſter of the ſalve, and lay on it; ſhift it once a day; if very bad, you muſt dreſs it twice a day.

To make the lime-water: Take a lime-ſtone as big as a man's head, it muſt be well burnt; put it into ſix quarts of boiling water, cover it cloſe, but ſometimes ſtir it; the next day, when it is ſettled, pour off the clear water, and keep it in bottles for uſe.

To cure Burſtenneſs.

TAKE hemlock, and bruiſe it a little; heat it pretty well, and apply it twice a day, without any truſs, and keep the party as ſtill as may be; this has cured, when many other things have failed.

A Powder for Burſtenneſs.

TAKE a good quantity of wild muſk, roots and all, pick, waſh, and dry them; then take of currant-leaves, vine-leaves and ſtrings, an equal quantity; then take almoſt a quart of hempſeed; you muſt lay the ſeed at the bottom of a pot, and the leaves and roots on the top; then put it into an oven, dry them, rub them to powder, and ſift them together; the party muſt take as much of this powder as will lie on a ſix-pence in a little ale in the morning, and at four in the afternoon, and continue it five or ſix weeks. The powder ſhould be made in *May*, if poſſible.

For the Chin-Cough.

TAKE a ſpoonful of the juice of pennyroyal, mix'd with ſugarcandy beaten to powder; take this for nine mornings together.

To cure the Itch without Sulphur.

TAKE a handful of elecampane root, and as much ſharp-pointed-dock, ſhred them ſmall, and boil them in two quarts of ſpring-water till it comes to a pint; ſtrain the liquor, and with it let the party waſh his hands and face two or three times a day.

For

For the Itch.

TAKE of chamomile and velvet-leaves, ſcurvy-graſs and capons feathers, of each one handful; boil theſe in half a pound of butter out of the churn, till it is an ointment; then ſtrain it out, and mix it with half an ounce of black pepper beaten fine; ſtir it in till it is cold, and anoint the party with it all over; keep on the ſame linen for a week; then waſh with warm water and ſweet herbs, and put on clean linen: before you begin to uſe this, you muſt take brimſtone and milk for three mornings; keep warm, and purge well after it is over.

For the Scurvy or Dropſy.

STAMP and ſtrain the juice of the leaves of elder, and to a quarter of a pint of juice put ſo much white-wine; warm it a little, and drink it off, and do this for four or five mornings together; if it purge you, it will certainly do good: take this in the ſpring.

For a Looſeneſs.

BOIL a good handful of bramble-leaves in milk, ſweeten'd with loaf-ſugar; drink it night and morning.

For an Ague.

GIVE as much *Virginia* ſnake-root, dry'd and pow-der'd, as will lie upon a ſhilling, in a glaſs of ſherry or ſack, juſt before the cold fit begins; uſe this two or three times till the ague is gone.

Another.

TAKE an ounce and half of the beſt refin'd aloes, and ſteep it in a quart of brandy; infuſe it forty-eight hours, and take four ſpoonfuls juſt before the fit comes.

Another.

TAKE a pint of red roſe-water, and put to it an ounce of white ſugarcandy, and the juice of three *Seville* oranges; mix all together, and drink it off an hour before you expect the fit; it cures at once or twice taking.

An Ointment for a Burn or Scald.

TAKE a pound of hogs-lard, and two good handfuls of ſheeps-dung, and a good handful of the green bark of the elder, the brown bark being firſt taken off; boil all theſe to an ointment: you muſt firſt take out the fire with ſallet-oil, and a bit of an onion, and the white of an egg, beaten well together; then anoint with the ointment, and in leſs than a week it will be well.

A Cerecloth.

TAKE three pound of oil-olive, and half a pound of red lead, and half a pound of white lead, both powder'd and ſifted; then take three ounces of virgin-wax, two ounces of *Spaniſh* ſoap, and two ounces of deers-ſuet; put all theſe things into a braſs kettle, ſetting it over the fire, ſtirring it continually till it comes to the height of a ſalve, which you may know by dropping a little on a trencher; and if it neither hangs to the trencher nor your fingers, it is enough; then dip your cloths in, and when you take them out, throw them into a pail of water, and as they cool, take them out, and lay them on a table, and clap them; and when you have done, roll them up with papers between, and keep them for uſe; they muſt be kept pretty cool. This cerecloth is good for any pain, ſwelling, or bruiſe.

The yellow Balſam.

TAKE eight ounces of burgamy-pitch, 3 ounces and half of yellow bees-wax ſliced, one pound of deer-ſuet, one ounce of *Venice*-turpentine beaten

up

up in plantane-water, half a pint of red roſes, a quarter of a pint of vinegar of red roſes, 24 cloves of garlick, and of ſalt-petre dry'd before the fire half the quantity of a nutmeg; bruiſe the garlick in a ſtone-mortar, and ſet the oil, vinegar, and garlick in an earthen pipkin over the fire; let it boil gently half an hour, then put in the pitch and wax, and when that is melted, put in the ſuet, and one ounce of palm-oil; then let it boil a quarter of an hour longer; then take it off the fire, and put in the turpentine and ſalt-petre; ſet it over the fire again for a little while; then take it off, and let it ſtand to cool; then pour it gently into your gallipots, be ſure you put in no dregs; the vinegar will fall to the bottom: tie the gallipots down with leather: it is an excellent ſalve for ſore legs, boils, whitloes, ſore breaſts, and may ſafely be uſed to draw corruption out of any ſore: put a little of it on lint, and put a plaiſter of the following black ſalve over it:

The Black Salve.

TAKE a pint of oil-olive, three quarters of a pound of yellow wax, two ounces of frankincenſe finely beaten and ſearced, two ounces of the beſt maſtich, two ounces of olibanum, two ounces of myrrh, half a pound of white lead finely ground, and two drams of camphire; boil theſe till they are black; then let it ſtand a little; oil a board, and pour it on, and oil your hand, and make it up in rolls for uſe.

For the Falling-Sickneſs.

TAKE of the powder of man's ſcull, of cinnabar, and antimony, of each a dram, of the root of male-peony, and frogs-liver dry'd, of each 2 drams, of the ſalt of amber half a dram, conſerve of roſemary two ounces, ſyrup of peonies enough to make it into a ſoft electuary, of which give the quantity of a large nutmeg every morning and evening, drinking after it three ounces of the water of the lilies of

the valley; take it three days before the new moon, and three days before the full moon: to bring the patient quickly out of the fit, let his noſtrils and temples be rubb'd with the oil of amber.

For an Ague.

TAKE a quart of ſtrong-beer, and a good quantity of the youngeſt artichoke-leaves; ſhred them, and boil them very well together; when you think it almoſt enough, put a ſpoonful of muſtard-ſeed bruiſed, and give it one boil; then ſtrain it, and bottle it: take half a pint as hot as you can, half an hour before the fit comes.

A calcin'd Water to dry up Ulcers and old Sores.

TAKE of the beſt *Roman* vitriol three ounces, camphire one ounce, beat them into fine powder, put them into the bottom of a crucible, and fix it in hot embers; cover it with white paper four double, and put a little tile on it; let it be well calcin'd, but not too much; when it is cold, beat it into fine powder, and ſift it; then add to it three ounces of bole-armoniac, beaten and ſifted; mix all together, and to half an ounce of this powder, put a quart of ſpring or plantane-water; boil the water, and when it is blood-warm, put in your half-ounce of powder, and ſtir it together in a pewter-baſon till it is quite cold; then put it in a bottle for uſe; when you uſe it, ſhake the bottle, and pour ſome out, and uſe it as hot as can be endur'd, either by ſyringe, or waſhing the place twice or thrice a day, and uſe the following plaiſter or ſalve.

The Leaden Plaiſter.

TAKE of white lead three ounces, of red lead ſeven ounces, of bole armoniac nine ounces; beat all into fine powder, and put to them a pint of the beſt oil-olive; incorporate them over the fire, and

and let them boil gently half an hour, putting in one ounce of oil of *Exeter*; ſtir it continually, and when it is enough, make it up in rolls. This is a drying plaiſter.

A Salve for a Burn or Scald.

TAKE a pound of mutton-ſuet ſhred ſmall, melt it, and put into it thyme, ſweet-marjoram, melilot, pennyroyal, and hyſſop, of each a good handful chopt ſmall, and let it ſtand together four days; then heat and ſtrain it out, and put in the ſame quantity of herbs again, and let it ſtand four days longer; then heat it, and ſtrain it out, and to that liquor put five pound of white roſin, and two pound of bees-wax ſliced, and boil it up to a ſalve; and when it is cold enough, oil a board, pour it on it, and make it up in rolls. This is an admirable ſalve when the fire is taken out; you muſt take out the fire with oil, anoint it with oil with a feather, then lay on the plaiſter: it is good for a ſmall cut, or iſſue inflam'd.

A green Salve.

TAKE five handfuls of clowns all-heal, ſtamp it and put it in a pot, and add to it four ounces of boars-greaſe, half a pint of oil-olive, and wax 3 ounces ſliced; boil it till the juice is conſumed, which is known when the ſtuff doth not bubble at all; then ſtrain it, and put it on the fire again, adding two ounces of *Venice* turpentine; let it boil a little, and put it in gallipots for uſe; melt a little in a ſpoon, and if the cut or wound be deep, dip your tents in it; if not, dip lint and put on it, and defend the place with a leaden plaiſter; dreſs it once a day.

For a ſore Breaſt, when it is broken.

TAKE a quarter of a pound of raiſins of the ſun ſtoned, and beat them very ſmall; then add to it near as much honey, and beat it together into a

ſalve; ſpread it on a cloth, and make tents, if occaſion; dreſs it once a day; when it is well drawn, uſe the yellow balſam, and black or leaden plaiſter.

A Poultice for a ſore Breaſt before it is broken.

BOIL white bread and milk to a poultice; then put to it oil of lilies, and the yolk of an egg; ſet it over the fire again to heat, and apply it as hot as can be endur'd; dreſs it morning and night till it is broke, then dreſs it with the poultice of raiſins.

To diſperſe Tumours.

TAKE of yellow wax, frankincenſe, and roſin, of each four ounces; melt them together, ſtrain it out, and when it is cool, make it in a roll, and keep it for uſe.

To keep a Cancer in the Breaſt from increaſing.

TAKE of *lapis calaminaris* four ounces, all in one piece; and having made it red hot in a crucible nine times, quench it every time in a pint of white-wine; then take two ounces of *lapis*-tutty, and having burnt that red hot in a crucible three times, quench that every time in a pint of red roſe-water; then beat the tutty and the *calaminaris*-ſtone together in a mortar very fine, and put it in a glaſs bottle, and put the roſe-water and white-wine to it, and ſhake it three or four times a day for nine days, before you begin to uſe it: you muſt keep the wine and the roſe-water cloſe cover'd when you quench the ſtone, that the ſteam does not go out; when you uſe it, ſhake it well, and dip rags in it, and lay them to the breaſt; let the rags remain on till it is dreſs'd again; it muſt be dreſs'd twice a day, night and morning: the clear water is excellent for weak or ſore eyes.

For a Swelling in the Face.

TAKE a handful of damask-rose-leaves, boil them in running-water till they are tender, stamp them to a pulp, and boil white bread and milk till it is soft; then put in your pulp, with a little hogs-lard, and thicken it with the yolk of an egg, and apply it warm.

For a sore Throat.

MAKE a plaister of *Paracelsus* four inches broad, and so long as to come from ear to ear, and apply it warm to the throat; then bruise housleek, and press out the juice; add an equal quantity of honey, and a little burnt alum; mix all together, and let the party often take some on a liquorice-stick.

A purging Diet-drink.

TAKE of garden scurvygrass six handfuls, water-cresses and brooklime, of each four handfuls, peach-blossoms four handfuls, nettletops and fumitory, of each three handfuls, monks-rhubard four ounces, sena four ounces, china two ounces, sarsaparilla three ounces, rhubarb one ounce, coriander and sweet fennel-seed, of each half an ounce; cut the herbs, slice the roots, bruise the seeds; put them in a thin bag, and hang them in four gallons of small ale; after three days drink a pint of it every morning; be regular in diet, eat nothing salt or sour.

Pills to purge the Head.

TAKE of the extract of rudium two drams, and pill fœtida one dram; mix these well together, and make it into twelve pills; take two, or if the constitution be strong, three of them, at six o'clock in the morning: drink warm gruel, or thin broth, or posset-drink, when they work.

For a Canker in the Mouth.

TAKE celandine, columbine, ſage and fennel, of each one handful; ſtamp and ſtrain them, and to the juice put a ſpoonful of honey, half a ſpoonful of burnt alum, and as much bole-armoniac beaten fine; mix and beat all theſe together very well, and wrap a little flax about a ſtick, and rub the canker with it; if it bleeds, it is the better.

A Water for ſore or weak Eyes.

TAKE ground-ivy, celandine and daiſies, of each a like quantity, ſtamp'd and ſtrain'd; and add to the juice a little ſugar and white roſe-water, ſhake this together, and with a feather drop it into the eyes; this takes away all manner of inflammation, ſpots, itching, ſmarting, or web; and is an excellent thing for the eyes.

An excellent Preſcription for the Cure of Worms.

THE following receipt is an extraordinary remedy for the worms which breed in human bodies, and with which vaſt numbers of people of all ages and both ſexes are afflicted, and ſome of them very ſeverely, eſpecially children, and other young perſons, of whom abundance are carry'd off yearly, by being thrown thereby into convulſions, epileptick fits, vomitings, looſeneſſes, white or green-ſickneſs, and other diſorders, which had been judg'd to have proceeded from other cauſes, when the occaſion thereof was worms. But as there is ſuch a variety of diſorders proceeding from thoſe inteſtine animals repreſenting other diſeaſes, I ſhall for the information of ſuch as may little imagine their malady to be occaſion'd from worms, when it appears ſo plain to themſelves and their phyſicians, that it is this or that other diſeaſe, firſt ſet down ſome of the many ſigns and ſymptoms of worms, and then preſcribe

ſcribe the remedy to deſtroy, expel, and rid the patient's body of them; and this is a medicine ſo effectually adapted, and ſo innocent withal, that if it be purſued as directed, they that take it may depend it will not fail utterly and ſafely to do it, be the worm of any kind, or in any part of the body ſituated.

It is to be noted, that there are divers ſorts of worms that breed in the body, and take up their reſidence therein, either in the ſtomach or bowels, and ſometimes near the *ſphincter ani*, or fundament, and do often knit themſelves together, and appear like a bag of worms, and are ſuppoſed to be bred from the *ova*, or eggs of thoſe animals ſwallowed down with the food, and encouraged and fed by viſcidities in the paſſages; and according as they reſide, or have placed themſelves in the body, the ſymptoms and complaints which ſuch people make, are different both in kind and degree; in ſome to occaſion looſeneſſes, in others coſtiveneſs, or frequent deſires to go to ſtool, but can't; in ſome to cauſe a fetid or ſtinking breath, which is a ſhrewd ſign of worms; as is alſo an hard or inflam'd belly, eſpecially in children, with a voracious appetite, an almoſt continual thirſt, feveriſhneſs by fits, and an intermitting pulſe, and glowing cheeks; in ſome a heavineſs or pain in the head, ſtartings in ſleep, with frightful terrifying dreams; in ſome a ſleepineſs repreſenting a lethargy; in others a nauſea, or loathing of food, with or without motion to vomit, a pain and weight with a gnawing in the ſtomach, gripings and rumblings in the bowels, like the colick; in children a dry cough, and oftentimes ſcreaming fits and convulſions, with white lips, and white urine; and in both old and young a weaken'd or loſt appetite, giddineſs in the head, paleneſs of countenance, with faintings and cold ſweats of a ſudden, indigeſtions, abatement of the ſtrength, and falling away of fleſh, as if dropping into a conſumption; with many other ſymptoms, but theſe the chief, which

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which ever more or less some or other of them always affect where worms are the cause; and for remedy of which the following receipt may be depended on, and is very innocent, as well as powerful and effectual, as every one, when they read what it is, will believe; and when they try it, will find:

Take tops of carduus, tops of centaury, *Roman* wormwood, and flowers of chamomile, (all of them dry'd, and of the latest year's growth that you use them in) of each a small handful; cut the herbs small, but not the flowers, and put them with an ounce of wormseed bruised small into an earthen jar or pickling-pot, and pour upon 'em a quart of spring-water cold; stir all about, and then tie the pot over with a double paper, and let it stand 48 hours, opening and stirring it about five or six times in that space; at the end of 48 hours strain it thro' a cloth, squeezing the herbs as dry as you can; which fling away, and of the liquor give to a child from two to four or five years old half a spoonful, more or less, mix'd with a quarter of a spoonful of oil of beech-nuts, every morning upon an empty stomach, and to fast for about an hour after it; and also the same dose about four or five in the afternoon every day, for a week or ten days together; by which time, if the case be worms, and you make but observation, you will find them come away either dead or alive: older children must take more, in proportion to their ages; and grown persons from three or four to six or eight spoonfuls, or more, with always half the quantity of the said oil mix'd with each dose, and it will keep the body soluble, and sometimes a little loose.

This medicine has cured in supposed incurable cases, where it has prov'd at last to be from worms, when neither the physician or patient have before thought it to be so; but if it be not worms, it cannot hurt, but may cure in cases similar to worms, especially where the stomach and bowels are disorder'd.

Note,

Note, The beech-nut-oil may be had at moſt oil-ſhops; and the reaſon that that oil before any other is advis'd, is, that it has a property, as has been often try'd, of killing worms of itſelf, when olive-oil and oil of almonds would not do it; and as a confirmation of it, Dr. *Baglivi* ſays in a book of experiments upon live worms from human bodies, that he put worms into divers liquors, which were reputed would kill them, but did not under a great many hours; and that towards night he put others into oil of ſweet almonds, and found them alive the next morning; then, after many other experiments, he put one into oil of nuts, where it dy'd preſently: and *Malpighi*, another noted phyſician, ſays, that of all common oils, oil of nuts is the beſt againſt worms; and that at *Milan*, mothers have a cuſtom to give their little children once or twice a week toaſts dipt in oil of nuts, and to grown people ſome ſpoonfuls of it faſting: and many other authors ſay the ſame, particularly Dr. *Nicolas Andry*, of the faculty of phyſick at *Paris*, in his treatiſe of worms; who alſo ſays, if you dip a pencil in oil of nuts, and anoint the bodies of live worms that any one voids, tho' you never touch their heads, they will preſently grow motionleſs and die, beyond recovery; the reaſon he ſays they die ſo ſuddenly, when anointed, is, becauſe they breathe only by the means of certain little wind-pipes that run thro' their bodies; ſo that if you ſtop up thoſe pipes with nut-oil, which hinders the commerce of the air, (for that the parts of oil of almonds are more porous than nut-oil, and conſequently leſs able to hinder the entrance of the air into the worms) of neceſſity the creatures muſt die for want of reſpiration, tho' neither the head, nor any other part where the pipes are not, be anointed; this is ſo true, ſays *Malpighi*, that if you put nut-oil upon a worm in any other part but where the pipes are, tho' the head be not ſpar'd, yet the worm will live, and have its natural motion; and if you put the oil upon ſome of the pipes only, you ſhall ſee the parts where thoſe

pipes

pipes are become immoveable; but if you put it, ſays he, upon all the trachea's or pipes, the whole worm becomes motionleſs, and dies in an inſtant; and I do aſſure the publick, that the ſame has been many times try'd, and found, both by myſelf and others, that no other oil whatever would do what this will; and the late Dr. *Radcliffe*, in many of his preſcriptions I have ſeen, order'd that oil, preferable to all others, where he had any reaſon to ſuſpect the patient had worms; and in one very remarkable caſe of a young lady of thirteen I could name, who was at death's-door with the green-ſickneſs, as ſuppos'd, and who by the uſe of this very oil, and ſuch bitters as he believ'd the caſe then indicated, once or twice a day repeated, was cured perfectly, upon her voiding cluſters of ſmall worms for ſeveral days together, ſome of which were inclos'd in a ciſtis or bag.

This I was willing to obſerve, that people may be ſure to get the oil of nuts, and not any other oil.

A Clyſter for the Worms.

TAKE of rue, wormwood, lavender-cotton, three or four ſprigs of each, a ſpoonful of aniſeeds bruiſed; boil theſe in a pint of milk till the third part be conſumed; then ſtrain it out, and add to it as much aloes finely powder'd, as will lie on a three-pence; ſweeten it with honey, and give it pretty warm; it ſhould be given three mornings together, and the beſt time is three days before the new or full moon.

Lucatellus's *Balſam.*

TAKE of *Venice* turpentine a pound, the beſt oil three pints, ſack 6 ſpoonfuls, yellow wax half a pound, natural balſam one ounce, oil of St. *John's*-wort an ounce, red ſanders well powder'd an ounce; cut the wax in thin ſlices, and ſet it over the fire in a large ſkillet, and when it is all melted, put in the turpentine; firſt waſh it three ſeveral times in red roſe-water; then ſtir them well together till they boil

boil a little; then take it off from the fire, and let it cool; the next day take it out of the ſkillet, and cut it in thin ſlices, that all the water may be got out of it; then ſet it over the fire again, and when it is melted, ſtir it well together; then put in the oil, and the oil of St. *John*'s-wort, and the natural balſam, and the ſack and the ſanders, ſtirring them all together very well; then let it boil a little while, and take it off the fire, and ſtir it two hours all one way; when it is cold, put it in gallipots, and cover them with leather; it will keep good 20 years, and the older the better.

A Salve for a Cerecloth for Bruiſes or Aches.

TAKE a pint of oil, nine ounces of red lead, two ounces of bees-wax, a ſhilling's-worth of ſperma ceti, two ounces of roſin beaten and ſifted; ſet all theſe on a ſoft fire in a bell-ſkillet, ſtirring till it boils; and then try it on a rag, whether it firmly ſticks upon it; when it does ſtick, take it off; and when you have made what cerecloths you pleaſe, pour the reſt on an oil'd board, and make it up in rolls; it is very good for a cut or green wound.

An excellent Recipe for the Cure of Colds.

TAKE of *Venice* treacle half a dram, powder of ſnake-root twelve grains, powder of ſaffron ſix grains, volatile ſalt of harts-horn four grains, ſyrup of cloves a ſufficient quantity to make it into a bolus, to be taken going to reſt, drinking a large draught of mountain-whey after it; thoſe who can't afford mountain-whey, may drink treacle-poſſet.

To ſuch conſtitutions as can't be provok'd to ſweat, opening a vein, or a gentle purge, will be of great ſr vice.

An Ointment for a Cold on the Stomach.

TAKE an ounce and half of the oil of valentia ſcabioſa, oil of ſweet almonds a quarter of an ounce, a quarter of an ounce of man's fat, and four ſcruples of the oil of mace; mix theſe together, and warm a little in a ſpoon, and night and morning anoint the ſtomach; lay a piece of black or lawn-paper on it.

To make Gaſcoign's Powder.

TAKE of powder of pearl, red coral, crabs-eyes, white amber and harts-horn, of each an ounce; beat them to a fine powder, and ſearce them; then take a dram of oriental bezoar, and a dram of amber-greaſe, and mix with the powders; then take of the black toes of crabs-claws, beaten to a fine powder, as much as of all the reſt of the powders, for this is the chief; then mix all well together, and make 'em up in balls in jelly of harts-horn, and in your jelly infuſe a ſmall quantity of ſaffron, to give them a colour; when you have rolled them in balls as big as a walnut, lay them on a *China* or ſilver plate to dry; when they are fully dry and hard, paper them up, and keep them for uſe: the doſe you muſt give at a time is, to a man or woman, ten or twelve grains in dragon, carduus, or the Lady *Allen*'s water, the party going to bed, and covered warm. The crabs uſed in this powder muſt be caught in *May* or *September*, and they muſt not be boiled.

A Water to cure red or pimpled Faces.

TAKE a pint of ſtrong white-wine-vinegar, and put to it powder of the roots of orrice three drams, powder of brimſtone half an ounce, and camphire two drams, ſtamp with a few blanch'd almonds, four oaken apples cut in the middle, and the juice of four lemons, and a handful of bean-flowers; put all theſe together in a ſtrong double glaſs bottle, ſhake them

them well together, and ſet it to the ſun for ten days; waſh the face with this water, let it dry on, and don't wipe it off; this cures red or pimpled faces, ſpots, heat, morphew, or ſunburn; but you muſt eat the following diet for three weeks or a month:

Take cucumbers, and cut them as ſmall as herbs to the pot; boil them in a ſmall pipkin with a piece of mutton, and make it into pottage with oatmeal; ſo eat a meſs morning, noon, and night, without intermiſſion, for three weeks or a month: this diet and the water has cured, when nothing elſe would do.

A good Thing to waſh the Face in.

TAKE a large piece of camphire, the quantity of a gooſe-egg, and break it ſo that it may go into a pint bottle, which fill with water; when it has ſtood a month, put a ſpoonful of it in three ſpoonfuls of milk, and waſh in it. Wear a piece of lead beaten exceeding thin, for a forehead-piece, under a forehead-cloth; it keeps the forehead ſmooth and plump.

For the Worms.

TAKE a handful of wormwood, a handful of rue, a handful of whitewort, a handful of very young leeks; chop and ſtrip theſe herbs very ſmall, and fry them in lard, put them on a piece of flannel, and apply them to the ſtomach, as hot as can be borne, a good quantity of the herbs; and let them lie forty-eight hours, changing the herbs when they are dry; bind them on to the ſtomach.

A Plaiſter for Worms in Children.

TAKE two ounces of yellow wax, and two ounces of roſin, boil them half an hour, ſtirring them all the while; ſcum them well, and take it off, and put to it three drams of aloes, and two ſpoonfuls of treacle, and boil it up again; rub a board with freſh butter, and pour the ſalve thereon; work it well, and make it up in rolls; when you make the plaiſter,

ſprinkle it with ſaffron, and cut a hole againſt the navel.

The Stomach Plaiſter.

TAKE of burgamy-pitch, frankincenſe, and bees-wax, of each an ounce; melt them together; then put in an ounce of *Venice* turpentine, and an ounce of oil of mace; melt it together, and ſpread your plaiſter on ſheeps-leather; grate on it ſome nutmeg, when you lay it on the ſtomach.

To make a Quilt for the Stomach.

TAKE a fine rag four inches ſquare, and ſpread cotton thin over it; then take mint and ſweet-marjoram dry'd and rubb'd to powder, and ſtrew it over the cotton pretty thick; then take nutmeg, cloves and mace, of each a quarter of an ounce beaten and ſifted, and ſtrew that over the herbs, and on that ſtrew half an ounce of galingal finely powder'd, then a thin row of cotton, and another fine rag, and quilt it together; when you lay it on the ſtomach, dip it in hot ſack, and lay it on as warm as can be endur'd: this is very good for a pain in the ſtomach.

For the Pains of the Gout.

MIX *Barbados* tar and palm-oil, an equal quantity; juſt melt them together, and gently anoint the part affected.

A preſent Help for the Colick.

MIX as much mithridate as a bean, in a ſpoonful of dragon-water, and give it the party to drink, and lay a little ſuet on the navel; keep in bed.

A Plaiſter for the Colick.

SPREAD the whites of four or five eggs well beaten, on ſome leather, and over that ſtrew on a ſpoonful of pepper, and as much ginger finely beaten and ſifted; then put this plaiſter on the navel; it often gives ſpeedy eaſe.

For the Ague.

TAKE ſmallage, ribwort, rue, plantane, and olibanum; beat all theſe well together with a little bay-ſalt, and put it in a thin bag, and lay it to the wriſt a little before the cold fit comes.

A Powder for Convulſion-Fits.

TAKE a dram and half of ſingle peony-ſeed, of miſletoe of the oak one dram, pearl, white amber and coral, all finely powder'd, of each half a dram; bezoar two drams, and five leaves of gold; make all theſe up in a fine powder, and give it in a ſpoonful of black-cherry-water, or if you pleaſe, hyſterical water: you may give to a child new-born, to prevent fits, as much as will lie on a three-pence, and likewiſe at each change of the moon; and to older people, as much as they have ſtrength and occaſion.

To prevent Fits in Children.

TAKE ſaxifrage, bean-pods, black-cherry, groundſel, and parſly-waters; mix them together with ſyrup of ſingle peony: give a ſpoonful very often, eſpecially obſerve to give it at the change of the moon.

Another.

TAKE a quart of ale, and a quart of ſmall-beer, and put in it a handful of ſouthernwood, as much ſage, and as much pennyroyal; let it boil half an hour, ſtrain it out, and let the child drink no other drink.

For a Hoarſeneſs with a Cold.

TAKE a quarter of a pint of hyſſop-water, make it very ſweet with ſugarcandy, ſet it over the fire; and when it is thorough hot, beat the yolk of an egg, and brew it in it, and drink it morning and night.

A Remedy for a Cough.

TAKE the yolk of a new-laid egg, take the ſkin off the yolk, and add ſix ſpoonfuls of red roſe-water; beat it well together, and make it very ſweet with white ſugarcandy; drink it ſix nights, going to bed.

An excellent Remedy for Whooping-Coughs.

TAKE dry'd colts-foot-leaves a good handful, cut them ſmall, and boil them in a pint of ſpring-water, till half a pint is boiled away; then take it off the fire, and when it is almoſt cold, ſtrain it thro' a cloth, ſqueezing the herb as dry as you can, and then throw it away, and diſſolve in the liquor an ounce of brown ſugarcandy finely powder'd, and give the child (if it be about three or four years old, and ſo in proportion) one ſpoonful of it cold or warm as the ſeaſon proves, three or four times a day (or oftener, if the fits of coughing come frequently) till well, which will be in two or three days; but it will preſently almoſt abate the fits of coughing.

This herb ſeems to be a ſpecifick for thoſe ſorts of coughs, and indeed for all others, in old as well as young; the *Latin* name *Tuſſilago*, from *Tuſſis*, the cough, denotes as much; as does alſo the *Latin* word *Bechium*, from the *Greek* word Βήχιον, a cough; and are the names given it by the ancients perhaps ſome thouſand years ago; it has wonderfully eaſed them, when nothing elſe would do it, and greatly helps in ſhortneſs of breath; and in the aſthma and phthiſick I have not known any thing exceed it; likewiſe in waſtings or conſumptions of the lungs it has been found of excellent uſe, by its ſmooth, ſoftening, healing qualities, even where there has been ſpitting of blood, and rawneſs and ſoreneſs of the paſſages, with hoarſeneſs, &c. in blunting the acrimonious humours, which in ſuch caſes are almoſt continually dripping upon

upon them; it is to be queſtion'd whether for thoſe purpoſes there is to be had in the whole *Materia Medica*, a medicine ſo innocent, ſo ſafe, and yet ſo pleaſant and effectual, or that can afford relief ſo ſoon as this will; grown people may make it ſtronger than for children. Get the herb of the ſame year's growth and drying that you uſe it in, and the larger the leaves, as being the fuller grown, the better; it is beſt to be made freſh and freſh, as you want it, an not too much at a time, eſpecially in warm weather.

Pills to purge off a Rheum in the Teeth.

TAKE four drams of maſtich, ten drams of aloes, three drams of agarick; beat the maſtich and aloes, and grate the agarick; ſearce them, and make them into pills with ſyrup of betony: you may make but a quarter of this quantity at a time, and take it all out, one pill in the morning, and two at night: you may eat or drink any thing with theſe pills, and go abroad, keeping yourſelf warm; and when they work, drink a draught or two of ſomething warm.

To make Daffy's *Elixir.*

TAKE elecampane-roots ſliced, and liquorice ſliced, of each two ounces; aniſeeds, coriander-ſeeds and caraway-ſeeds, of each two ounces; oriental ſena, guaiacum bruiſed, of each two ounces; rhubarb an ounce, ſaffron a dram, raiſins of the ſun ſtoned a pound; put all theſe in a glaſs bottle of a gallon, adding to it three quarts of white aniſeed-water; ſtop the bottle, and let it ſtand infuſing four days, ſtirring it ſtrongly three or four times a day; then ſtrain it off, and put it into bottles cork'd very well; you muſt take it morning and night, three ſpoonfuls going to bed, and as much in the morning, according as you find it work; it requires not much care in diet, nor keeping within; but you muſt keep warm, and drink ſomething hot in the morning after it has work'd. This elixir is excellent good for

the colick, the gravel in the kidneys, the dropsy, the griping of the guts, or any obstructions in the bowels; it purgeth two or three times a day.

An Ointment to cause Hair to grow.

TAKE two ounces of boars-grease, a dram of the ashes of burnt bees, one dram of the ashes of southernwood, a dram of the juice of white lily-root, a dram of oil of sweet almonds, and six drams of pure musk; and according to art, make an ointment of these; and the day before the full moon shave the place, and anoint it every day with this ointment; it will cause hair to grow where you will have it. Oil of sweet almonds, or spirit of vinegar, is very good to rub the head with, if the hair grows thin.

To preserve and whiten the Teeth.

TAKE a quarter of a pound of honey, and boil it with a little roch-alum; scum it well, and then put in a little ginger finely beaten; let it boil a while longer, then take it off; and before it is cold, put to it as much dragons-blood as will make it of a good colour; mix it well together, and keep it in a gallipot for use; take a little on a rag, and rub the teeth; you may use it often.

To make Lip-Salve.

TAKE a quarter of a pound of alkermes-root bruised, and half a quarter of a pound of fresh butter, as much bees-wax, and a pint of claret; boil all these together a pretty while, then strain it, and let it stand till it is cold; then take the wax off the top, and melt it again, and pour it clear from the dregs into your gallipots or boxes: use it when and as often as you please.

To clean and soften the Hands.

SET half a pint of milk over the fire, and put into it half a quartern of almonds blanch'd and beaten very fine; when it boils, take it off, and thicken

thicken it with the yolk of an egg; then ſet it on again, ſtirring it all the while both before and after the egg is in; then take it off, and ſtir in a ſmall ſpoonful of ſweet oil, and put it in a gallipot; it will keep about five or ſix days; take a bit as big as a walnut, and rub about your hands, and the dirt or ſoil will rub off, and it will make them very ſoft; draw on gloves juſt as you have uſed it.

A Remedy for Pimples.

TAKE half a quarter of a pound of bitter almonds, blanch, ſtamp them, and put them into half a pint of ſpring-water; ſtir it together, and ſtrain it out; then put to it half a pint of the beſt brandy, and a pennyworth of the flour of brimſtone; ſhake it well when you uſe it, which muſt be often; dab it on with a fine rag.

Another to take away Pimples.

TAKE wheat-flour mingled with honey and vinegar, and lay on the pimples going to bed.

A Water to waſh the Face.

BOIL two ounces of *French* barley in three pints of ſpring-water, ſhift the water three times; the laſt water uſe, adding to it a quartern of bitter almonds blanch'd, beat, and ſtrain'd out; then add the juice of two lemons, and a pint of white-wine; waſh with it at night; put a bit of camphire in the bottle.

To whiten and clean the Hands.

BOIL a quart of new milk, and turn it with a pint of aqua-vitæ, then take off the curd; then put into the poſſet a pint of rheniſh-wine, and that will raiſe another curd, which take off; then put in the whites of ſix eggs well beaten, and that will raiſe another curd, which you muſt take off, and mix the three curds together very well, and put them into a

gallipot, and put the posset in a bottle; scour your hands with the curd, and wash them with the posset.

A Water for the Scurvy in the Gums.

TAKE two quarts of spring-water, and a pound of right flower-de-luce-root, and a quarter of a pound of roch-allum, two ounces of cloves, two handfuls of red rose-leaves, two handfuls of wood-bine-leaves, two handfuls of columbine-leaves, two handfuls of brown sage, and one of rosemary, eight *Seville* oranges, peel and all, only take out the seeds; set these over the fire, and let them boil a quart away; then take it off, and strain it, and set it over the fire again, and put to it three quarts of claret, and a pint of honey; let them boil half an hour, scum it well, and when it is cold, bottle it for use; wash and gargle your mouth with it two or three times a day.

To take away Morphew.

TAKE briony-roots, and wake-robin, stamp them with brimstone, and make it up in a lump; wrap it in a fine linen rag, and dip it in vinegar, and rub the place pretty hard with it; and it will take away the morphew spots.

The Italian *Wash for the Neck.*

TAKE a quart of ox-gall, two ounces of roch-allum, two ounces of white sugarcandy, two drams of camphire, half an ounce of borax; beat all these in a mortar, and sift them thro' a fine sieve, then mix them well in the quart of ox-gall; put all together into a three-pint stone-bottle well cork'd; set it to infuse in the sun, or by the fire, six weeks together, stirring it once a day; then strain it from the bottom, and put to every quarter of a pint of this liquor, a quart of spring-water, otherwise it will be too thick; set it a little to clarify, and bottle it, put some powder of pearl in the bottle; wash with it.

For

For a Cold, Dr. Radcliff's *Receipt.*

MAKE some sack-whey with rosemary boil'd in it, mix a little of it in a spoon with twenty grains of *Gascoign*'s powder; then drink half a pint of your sack-whey, with 12 drops of spirits of harts-horn in it; go to bed, and keep warm; do this two or three nights together.

A Method to cure a Cold.

SHEWING, 1. What the catching of cold is, and how dangerous. 2. A present and easy remedy against it. 3. The danger of delaying the cure of it. Taken from the celebrated Dr. *George Cheyne*'s book, entitled, *An essay of health and long life*, inscribed to the right honourable Sir *Joseph Jekyll*, master of the rolls; where *pag.* 129, 130. the eighth edition, he says, that Dr. *James Keill* in his *Statica Britannica* has made it out, beyond all possibility of doubting, that catching of cold is nothing but sucking in, by the passages of perspiration, large quantities of moist air, and nitrous salts, which by the thickening the blood, (as is evident from bleeding after catching cold) and thereby obstructing, not only the perspiration, but also all the other finer secretions, raises immediately a small fever, and a tumult in the whole animal œconomy; and, neglected, lays a foundation for consumptions, obstructions of the great viscera, and universal cachexies; the tender therefore and valetudinary ought cautiously to avoid all occasions of catching cold; and if they have been so unfortunate as to get one, to set about its cure immediately, before it has taken too deep root in the habit. From the nature of the disorder thus describ'd, the remedy is obvious: to wit, lying much a-bed, drinking plentifully of small warm sack-whey, with a few drops of spirits of harts-horn, posset-drink, water-gruel, or any other warm small liquors, a scruple of *Gascoign*'s powder morning and night, living low,

upon

upon ſpoon-meats, pudding and chicken, and drinking every thing warm; in a word, treating it at firſt as a ſmall fever, with gentle diaphoreticks; and afterwards, if any cough or ſpitting ſhould remain, (which this method generally prevents) by ſoftening the breaſt with a little ſugarcandy and oil of ſweet almonds, or a ſolution of gum-ammoniac, an ounce to a quart of barley-water, to make the expectoration eaſy, and going cautiouſly and well cloathed into the air afterwards: this is a much more natural, eaſy, and effectual method, than the practice by balſams, linctus's, pectorals, and the like trumpery in common uſe, which ſerve only to ſpoil the ſtomach, oppreſs the ſpirits, and hurt the conſtitution.

A Receipt for the Gravel.

PUT two ſpoonfuls of linſeeds juſt bruiſed, into a quart of water, and a little ſtick of liquorice; boil it a quarter of an hour, then ſtrain it thro' a ſieve, and ſweeten it to your taſte with ſyrup of althea.

Excellent for Worms in Children.

FEnegreek-ſeed and wormwood-ſeed mix'd, one pennyworth, beat and ſearced; mix it well in a halfpenny-worth of treacle; let the child take a ſmall ſpoonful in a morning faſting, and faſt two hours after it; do this three or four days.

For a Cold.

TAKE roſemary and ſliced liquorice, and boil it in ſmall ale, and ſweeten it with treacle, and drink it going to bed four or five nights together.

To ſtop Bleeding in the Stomach.

TAKE oil of ſpike, natural balſam, bole-armoniac, rhubarb and turpentine; mix theſe together, and take as much as a large nutmeg three times a day.

The Tar-Pills for a Cough.

TAKE tar, and drop it on powder of liquorice, and make it up into pills; take two every night going to bed, and in a morning drink a glass of fair water, that liquorice has been three or four days steeped in; do this for nine or ten days together, as you find good.

To cure an Ague.

TAKE small packthread, as much as will go five times about the neck, wrists and ancles; dip them in oil of amber twice a day for nine days together; keep them on a fortnight after the ague is gone.

For a Looseness.

TAKE sage, and heat it very hot between two dishes; put it in a linen bag, and sit on it.

Another.

TAKE frankincense and pitch, and put it on some coals, and sit over it.

For violent Bleeding at the Nose.

LET the party put their feet in warm water, and if that does not do, let them sit higher in it.

For the Biting of a mad Dog.

PRimrose-roots, stamp'd in white-wine, and strained; let the patient drink a good draught of it.

For a Purge.

TAKE half an ounce of sena, boil it in a pint of ale till half be consumed, cover it close till the next day, then boil it again till it comes to two spoonfuls; strain it, and add to it two spoonfuls of treacle, and drink it warm; drink gruel, or posset, or broth after it; keep yourself very warm while it

it is working: or else two ounces of syrup of roses, and drink warm ale after it in the working.

For the Itch.

TAKE elecampane-roots, or dock-roots dry'd, and beaten to powder, and a little beaten ginger, both searced very fine; mix it up with fresh butter, and anoint with it in the joints.

For the Dropsy and Scurvy.

TAKE a quart of white-wine, and six sprigs of wormwood, and as much rosemary, half a quarter of an ounce of aloes, the same quantity of myrrh, rhubarb, cinamon and saffron; bruise the drugs, and pull the saffron, and put all into a three-pint stone bottle, tie the cork down close, and set it in a kettle of water and hay, and let it boil three hours; then let it stand a day or two to settle; so let the patient take four spoonfuls every morning fasting, and fast three hours after it, and walk abroad; if it is too long to fast, and the constitution will not bear it, they may drink a draught of water-gruel two hours after it; take this till the quantity is out.

For the Jaundice.

TAKE three bottles of ale, and half a pint of the juice of celandine, and a quarter of a pint of featherfew, and a good handful of the inner rind of barberry tree, and two pennyworth of saffron; divide all into three parts, and put a part into every one of the bottles of ale, and drink a bottle in three mornings: you must stir after it.

To make Lucatellus's *Balsam, to take inwardly.*

TAKE a quart of the purest oil, and half a pound of yellow bees-wax, four ounces of *Venice* turpentine, six ounces of liquid storax, two ounces of

oil-

oil-hypericon, two ounces of natural balſam, red roſe-water half a pint, and as much plantane-water, red ſanders ſix pennyworth, dragons-blood ſix pennyworth, mummy ſix pennyworth, and of roſemary and bays of each a handful, and ſweet-marjoram half a handful; put the herbs, the dragons-blood, the wax and mummy, into a pipkin; then put the oil, the turpentine, the oil-hypericon, the ſtorax, the roſe-water, the plantane-water, and a quart of ſpring-water, and if you pleaſe, ſome *Iriſh* ſlate, ſome balm of *Gilead*, and ſome ſperma-ceti, into another pipkin; ſet both the pipkins over a ſoft fire, and let them boil a quarter of an hour; then take it off the fire, and put in the natural balſam and red ſanders; give them a boil, and ſtrain all in both pipkins together into an earthen pan; let it ſtand till it is cold, then pour the water from it, and melt it again; ſtir it off the fire till it is almoſt cold, then put it into galli-pots, and cover it with paper and leather.

For the Piles.

TAKE galls, ſuch as the dyers uſe, and beat them to powder, and ſift them; mix the powder with treacle into an ointment, and dip a rag into it, and apply it to the place affected.

For the Cramp.

TAKE ſpirit of caſtor, and oil of worms, of each two drams, oil of amber one dram, ſhake them well together; warm a little in a ſpoon, and anoint the nape of the neck, chafe it in very well, and cover warm; anoint when in bed.

For a Cough.

TAKE conſerve of roſes two ounces, diaſcordium half an ounce, powder of olibanum half a dram, ſyrup of jujebs half an ounce; mix theſe, and take the quantity of a nutmeg three times a day; in the morning, at four, and at night.

For

it is working: or else two ounces of syrup of roses, and drink warm ale after it in the working.

For the Itch.

TAKE elecampane-roots, or dock-roots dry'd, and beaten to powder, and a little beaten ginger, both searced very fine; mix it up with fresh butter, and anoint with it in the joints.

For the Dropsy and Scurvy.

TAKE a quart of white-wine, and six sprigs of wormwood, and as much rosemary, half a quarter of an ounce of aloes, the same quantity of myrrh, rhubarb, cinamon and saffron; bruise the drugs, and pull the saffron, and put all into a three-pint stone bottle, tie the cork down close, and set it in a kettle of water and hay, and let it boil three hours; then let it stand a day or two to settle; so let the patient take four spoonfuls every morning fasting, and fast three hours after it, and walk abroad; if it is too long to fast, and the constitution will not bear it, they may drink a draught of water-gruel two hours after it; take this till the quantity is out.

For the Jaundice.

TAKE three bottles of ale, and half a pint of the juice of celandine, and a quarter of a pint of featherfew, and a good handful of the inner rind of barberry tree, and two pennyworth of saffron; divide all into three parts, and put a part into every one of the bottles of ale, and drink a bottle in three mornings: you must stir after it.

To make Lucatellus's *Balsam, to take inwardly.*

TAKE a quart of the purest oil, and half a pound of yellow bees-wax, four ounces of *Venice* turpentine, six ounces of liquid storax, two ounces of

oil.

oil-hypericon, two ounces of natural balsam, red rose-water half a pint, and as much plantane-water, red sanders six pennyworth, dragons-blood six pennyworth, mummy six pennyworth, and of rosemary and bays of each a handful, and sweet-marjoram half a handful; put the herbs, the dragons-blood, the wax and mummy, into a pipkin; then put the oil, the turpentine, the oil-hypericon, the storax, the rose-water, the plantane-water, and a quart of spring-water, and if you please, some *Irish* slate, some balm of *Gilead*, and some sperma-ceti, into another pipkin; set both the pipkins over a soft fire, and let them boil a quarter of an hour; then take it off the fire, and put in the natural balsam and red sanders; give them a boil, and strain all in both pipkins together into an earthen pan; let it stand till it is cold, then pour the water from it, and melt it again; stir it off the fire till it is almost cold, then put it into galli-pots, and cover it with paper and leather.

For the Piles.

TAKE galls, such as the dyers use, and beat them to powder, and sift them; mix the powder with treacle into an ointment, and dip a rag into it, and apply it to the place affected.

For the Cramp.

TAKE spirit of castor, and oil of worms, of each two drams, oil of amber one dram, shake them well together; warm a little in a spoon, and anoint the nape of the neck, chafe it in very well, and cover warm; anoint when in bed.

For a Cough.

TAKE conserve of roses two ounces, diascordium half an ounce, powder of olibanum half a dram, syrup of jujebs half an ounce; mix these, and take the quantity of a nutmeg three times a day; in the morning, at four, and at night.

For

For a Dropſy.

TAKE three ounces of the outward bark of elm, boil'd in three quarts of water till a third part is waſted; drink nothing elſe; to make it pleaſant, you may put in ſome ſugar, or wine, or elder wine, or ſyrup made of dwarf-elder-berries.

To make Caſhew Lozenges.

TAKE half an ounce of balſam of *Tolu*, put it in a ſilver tankard, and put to it three quarters of a pint of fair water; cover it very cloſe, and let it ſimmer over a gentle fire 24 hours; then take ten ounces of loaf-ſugar finely powder'd, and half an ounce of *Japan* earth finely powder'd and ſifted; and wet it with two parts of *Tolu* water, and one part orange-flower-water, and boil it together almoſt to a candy-height; then drop it on pye-plates, but firſt rub the plates over with an almond, or waſh them over with orange-flower-water; it is beſt to do but five ounces at a time, becauſe it will cool before you can drop it; after you have dropt them, ſet the plates a little before the fire; they will ſlip off the eaſier; if you would have them perfum'd, put in ambergreaſe.

For Obſtructions.

PUT two ounces of ſteel-filings into a quart bottle of white-wine, let it ſtand three weeks, ſhakeing it once a day; then put in a dram of mace, let it ſtand a week longer; then put into another bottle three quarters of a pound of loaf-ſugar in lumps, and clear off your ſteel-wine to your ſugar, and when it is diſſolv'd, it is fit to uſe: give a ſpoonful to a young perſon, with as much cream of tartar as will lie on a three-pence; to one that is older two ſpoonfuls, and cream of tartar accordingly.

For a Rheumatiſm.

LET the party take of the fineſt glaz'd gunpowder as much as a large thimble may hold, wet it in a ſpoon with milk from the cow, and drink a good half-pint of warm milk after it; be cover'd warm in bed, and ſweat: give it faſting about ſeven in the morning, and take this nine or ten mornings together.

For a Dropſy.

BRUISE a pint of muſtard-ſeed, ſcrape and ſlice a large horſe-radiſh-root, ſcrape a handful of the inner rind of elder, and a root of elecampane ſliced; put all theſe into a large bottle, and put to it a quart of good ſtale-beer; let it ſteep 48 hours; drink half a pint every morning faſting, and faſt two hours after it: you may fill it up once or twice.

The Bruiſe Ointment.

TAKE of roſemary, brown ſage, fennel, chamomile, hyſſop, balm, woodbine-leaves, ſouthernwood, parſly, wormwood, ſelf-heal, rue, elder-leaves, clowns all-heal, burdock-leaves, of each a handful; put them into a pot with very ſtrong beer, or ſpirits enough to cover them well, and two pound of freſh butter out of the churn; cover it up with paſte, and bake it with bread, and when it is bak'd, ſtrain it out; when it is cold, ſcum off the butter, and melt it, and put it in a gallipot for uſe; the liquor is very good to dip flannels into, and bathe any green bruiſe or ach, as hot as can be borne.

A good Vomit.

TAKE two ounces of the fineſt white alum, beat it ſmall, put it into better than half a pint of new milk, ſet it on a ſlow fire till the milk is turn'd clear; let it ſtand a quarter of an hour, ſtrain it off, and drink it juſt warm; it will give three or four vomits, and is very ſafe; and an excellent cure for an

ague,

ague, taken half an hour before the fit: drink good ſtore of carduus-tea after it, or elſe take half a dram of *Hipecacuana*, and carduus-tea with it.

Another Vomit.

TAKE rectified butter of antimony, digeſt it with thrice its own weight of alcohal; a ſingle drop or two whereof being taken in ſack, or any convenient vehicle, works well by vomit: it was a ſecret of Mr. *Boyle's*, and highly valued; and by him communicated to the admiral *du Queſne*: it is likewiſe recommended by Dr. *Boerhaave*.

An Ointment for a ſcald Head.

TAKE a pound of *May* butter without ſalt out of the churn, a pint of ale not too ſtale, a good handful of green wormwood; let the ale be hot, and put in the butter to melt; ſhred the wormwood, and let them boil together till it turns green; ſtrain it, and when it is cold, take the ointment from the dregs.

To cure the Piles.

TAKE two pennyworth of litharge of gold, an ounce of ſallet-oil, a ſpoonful of white-wine-vinegar; put all into a new gallipot, beat it together with a knife till it is as thick as an ointment, ſpread it on a cloth, and apply it to the place; if inward, put it up as far as you can.

An admirable Powder for the Teeth.

TAKE tartar of vitriol two drams, beſt dragons-blood and myrrh, each half a dram, gum lac a dram, of ambergreaſe four grains, and thoſe who like it may add two grains of muſk; mix well, and make a powder, to be kept in a phial cloſe ſtopt; the method of uſing it is thus: Put a little of the powder upon a *China* ſaucer, or a piece of white paper; then take a clean linen cloth upon the end of your finger, juſt moiſten it in water, and dip it in the powder, and rub the teeth well once a day, if they be foul; but

but if you want to preſerve their beauty, only twice a week is ſufficient for its uſe. This powder will preſerve the teeth and gums beyond any other, under whatever title dignify'd or diſtinguiſh'd; and what is commonly call'd a tainted, or a ſtinking breath, moſtly proceeds from rotten teeth, or ſcorbutick gums; which laſt diſtemper, ſo incident and fatal to childrens teeth, this powder will effectually remove. Indeed there is no cure for a rotten tooth, therefore I adviſe to pull it out; and tho' this can't be effected, the above powder will ſweeten the breath, and prevent ſuch tooth from any ill ſavour. The too frequent uſe of the tooth-bruſh makes the teeth become long and deformed, altho' it be a good inſtrument, and the moderate uſe of it proper enough. After rubbing the teeth with the powder, the mouth may be waſh'd with a little red wine warm, or the like.

To make the Teeth white.

TAKE three ſpoonfuls of celandine, nine ſpoonfuls of honey, half a ſpoonful of burnt alum; mix theſe together, and rub the teeth with it.

A Powder for the Teeth.

HALF an ounce of cream of tartar, and a quarter of an ounce of powder of myrrh; rub the teeth with it two or three times a week.

To make the right Angel-Salve.

TAKE roſin and par-roſin, of each half a pound; virgins-wax and frankincenſe, of each a quarter of a pound; maſtich an ounce, deer-ſuet a quarter of a pound; melt what is to be melted, and powder what is to be powder'd, and ſift it fine; then boil them, and ſtrain them thro' a canvaſs-bag into a pottle of white-wine; then boil the wine with the ingredients an hour with a gentle fire, and let it ſtand till it is no hotter than blood; then put to it two drams of camphire, and two ounces of *Venice*

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turpentine, and stir it constantly till it is cold; be sure your stuff be no hotter than blood when you put in your camphire and turpentine, otherwise it is spoil'd; make it up in rolls, and keep it for use: it is the best salve made.

To cure an Ague.

TAKE tobacco-dust and soot, an equal quantity, and nine cloves of garlick; beat it well together, and mix it with soap into a pretty stiff paste, and make two cakes something broader than a five-shilling-piece, and something thicker; lay it on the inside of each wrist, and bind it on with rags; put it on an hour before the fit is expected: if it does not do the first time, in three or four days repeat it with fresh.

To take out the Redness and Scurf after the Small-Pox.

AFTER the first scabs are well off, anoint the face going to bed with the following ointment: beat common alum very fine, and sift it thro' a lawn sieve, and mix it with oil like a thick cream, and lay it all over the face with a feather; in the morning have bran boil'd in water till it is slippery; then wash it off as hot as you can bear it; so do for a month or more, as there is occasion.

To make Brimstone-Lozenges for a short Breath.

TAKE of brimstone-flour and double refin'd sugar, beaten and sifted, an equal quantity, make it in lozenges with gum-dragon steep'd in rose-water; dry them in the sun, and take three or four a day.

For a Burn.

TAKE common alum, beat and sift it, and beat it up with whites of eggs to a curd; then with a feather anoint the place; it will cure without any other thing.

To procure the Menſes.

TAKE a quarter of an ounce of pure myrrh made into fine powder, mix it with three quarters of an ounce of conſerve of bugloſs-flowers; two days before your expectation take this quantity at four times, laſt at night, and firſt in the morning; drink after each time a draught of poſſet-drink made of ale, white-wine and milk, and boil in it ſome penny-royal, and a few chamomile-flowers.

To ſtop Flooding.

DISSOLVE a quarter of an ounce of *Venice* treacle in four ſpoonfuls of water, and drop in it thirty or forty of *Jones*'s drops; take it when occaſion requires, eſpecially in child-bed.

To provoke Urine preſently when ſtopt.

IN a quart of beer boil a handful of the berries of eglantine, till it comes to a pint; drink it off lukewarm.

To draw up the Uvula.

TAKE ground-ivy, and heat it well between two tiles, and lay it as warm as can be borne on the top of the head. The blood of a hare dry'd and drank in red wine, doth ſtop the bloody-flux, or any laſk, tho' never ſo ſevere.

For a Thruſh in Childrens Mouths.

TAKE a hot ſea-coal, and quench it in as much ſpring-water as will cover the coal; waſh it with this five or ſix times a day.

For the Worms in Children.

TAKE mithridate and honey, of each a penny-worth, oil of mace two pennyworth; melt them together, and ſpread upon leather cut in the ſhape of a heart, oil of ſavin and wormwood, of each ſix drops, of aloes and ſaffron in powder, of each one

dram; rub the oils, and ſtrew the powders, all over the plaiſter; apply it, being warm'd, to the child's ſtomach with the point upwards.

For a Weakneſs in the Back or Reins.

TAKE an ounce of *Venice* turpentine, waſh it in red roſe-water, work it in the water till it is white; pour the water from it, and work it up into pills with powder of turmerick, and a grated nutmeg; you may put a little rhubarb as you ſee occaſion: Take three in the morning, and three in the evening, in a little ſyrup of elder.

For the Yellow Jaundice.

TAKE a handful of burdock-roots, cut them in ſlices to the cores, and dry them; half a handful of the inner rind of barberries, three races of turmerick beat very fine, three or four tabes of the whiteſt gooſe-dung; put all in a quart of ſtrong-beer, cover it cloſe, and let it infuſe in the embers all night; in the morning ſtrain it off; add to it a groat's-worth of ſaffron; take half a pint at a time firſt and laſt: it muſt be a handful of dock-roots when dry.

An approved Remedy for a Cancer in the Breaſt.

TAKE off the hard knobs or warts which grow on the legs of a ſtone-horſe, dry them carefully, and powder them; give from a ſcruple to half a dram every morning and evening in a glaſs of ſack; you muſt continue taking them for a month or ſix weeks, or longer, if the cancer is far gone.

An approved Medicine for the Stone.

TAKE ſix pound of black cherries, ſtamp them in a mortar till the kernels are bruiſed; then take of the powder of amber, and of coral prepar'd, of each two ounces; put them with the cherries into a ſtill,

a ſtill, and with a gentle fire draw off the water; which if you take for the ſtone, mix a dram of the powder of amber with a ſpoonful of it, drinking three or four ſpoonfuls after it; if for the palſy or convulſion, take four ſpoonfuls, without adding any thing, in the morning faſting.

To give Eaſe in Fits of the Stone, and to cure the Suppreſſion of Urine, which uſually attends them.

TAKE ſnail-ſhells and bees, of each an equal quantity; dry them in an oven with a moderate heat, then beat them to a very fine powder, of which give as much as will lie upon a ſix-pence, in a quarter of a pint of bean-flower-water, every morning, faſting two hours after it; continue this for three days together: this has been often found to break the ſtone, and to force a ſpeedy paſſage for the urine.

DIRECTIONS for Painting *Rooms* or *Pales.*

The Price of Materials.

	l.	*s.*	*d.*
One hundred weight of red-lead	00	18	0
One hundred weight of white-lead	01	02	0
Linſeed-oil by the gallon	00	03	0

A ſmall quantity of oil of turpentine is ſufficient.

THE red lead muſt be ground with linſeed-oil, and may be uſed very thin, it being the priming, or firſt colouring; when it is uſed, ſome drying-oil muſt be put to it.

To prepare the Drying-oil.

TAKE two quarts of linseed-oil, put it in a skillet or saucepan and put to it a pound of burnt amber; boil it for two hours gently: prepare this without doors, for fear of endangering the house; let it settle, and it will be fit for use; pour the clear off, and use that with the white-lead, the lees or dregs being as good to be used with red-lead.

For the second Priming.

TAKE a hundred weight of white-lead, with an equal quantity of whiting in bulk, but not in weight; grind them together with linseed-oil pretty stiff; when it is used, put to it some of the drying-oil above-mention'd, with a small quantity of oil of turpentine: this is not to be laid on till the first priming it very dry.

To prepare the Putty or Paste to stop all Joints in the Pales or Wood, that no Water may soak in.

TAKE a quantity of whiting, and mix it very stiff with linseed-oil and drying-oil, of each an equal quantity; when it is so stiff it cannot be wrought by the hand, more whiting must be added, and beat up with a mallet till it is stiffer than dough; when your second priming is dry, stop such places as require with this putty; and when the putty is skinned over, that is, the outside dry, then proceed and lay on the last paint; which is thus to be prepared: Take of the best white-lead, grind it very stiff with linseed-oil, and when it is used, put to it some of the drying-oil, and some oil of turpentine; thus will the work be finish'd to great satisfaction; for it will be more clean and more durable than it can be perform'd by a house-painter, without you pay considerably more than the common rates. Repeat this last preparation once in five years, and it will

will preſerve any out-works that are expoſed to the weather time out of mind. But for rooms, or places within doors, proceed thus:

The Wainſcot Colour for Rooms.

WHEN you mix your laſt paint, add to your white-lead a ſmall quantity of yellow-oker, and uſe it as above directed: it is now the univerſal faſhion to paint all rooms of a plain wainſcot colour; and if it ſhould alter, it is but mixing any other colour with the white-lead inſtead of yellow oker: there muſt be bought ſix chamber-pots of earth, and ſix bruſhes, and keep them to what they belong to.

To make yellow Varniſh.

TAKE one quart of ſpirit of wine, and ſeven ounces of ſeed-lake, half an ounce of ſandarack, a quarter of an ounce of gum-anime, and one dram of maſtich; let theſe infuſe for thirty-ſix or forty hours; ſtrain it off, and keep it for uſe; it is good for frames of chairs or tables, or any thing black or brown; do it on with a bruſh three or four times, nine times if you poliſh it afterwards, and a day between every doing; lay it very thin the firſt and ſecond time, afterwards ſomething thicker.

To make white Varniſh.

TO a quart of ſpirit of wine take eight ounces of ſandarack well waſh'd in ſpirit of wine, that ſpirit of wine will make the yellow varniſh; then add to it a quarter of an ounce of gum-anime well pick'd, half an ounce of camphire, and a dram of maſtich; ſteep this as long as the yellow varniſh, then ſtrain it out, and keep it for uſe.

To boil Plate.

TAKE twelve gallons of water, or a quantity according to your plate in largeneſs or quantity; there muſt be water enough to cover it; put the wa-

ter in a copper, or large kettle; and when it boils, put in half a pound of red argil, a pound of common salt, an ounce of roch-alum; first put your plate into a charcoal-fire, and cover it till it is red hot; then throw it into your copper, and let it boil half an hour; then take it out, and wash it in cold fair water, and set it before the charcoal-fire till it is very dry.

Dr. Mead's *Receipt for the Bite of a mad Dog.*

LET the patient bleed at the arm nine or ten ounces: take of the herb call'd in Latin *lichen cinereus terrestris*, in English *ash-colour'd ground liver-wort*, clean'd, dry'd, and powder'd, half an ounce; of black pepper powder'd two drams; mix these well together, and divide the powder into four doses, one of which must be taken every morning fasting, for four mornings successively, in half a pint of cows milk warm: after these four doses are taken, the patient must go into the cold bath, or a cold spring or river, every morning fasting, for a month; he must be dipt all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold; after this he must go in three times a week for a fortnight longer. The *lichen* is a very common herb, and grows generally in sandy and barren soils all over *England*; the right time to gather it is in the months of *October* or *November*.

Another for a Bite of a mad Dog, which has cured when the Person was disordered, and the salt Water failed.

TAKE of tormentil-roots an ounce, assa-fœtida as much as a bean, castor four pennyworth, lignum-aloes two penny-worth; steep these in milk twelve hours; boil the milk, and drink it fasting before the change or full-moon, or as oft as occasion.

A Receipt

A Receipt for destroying Bugs.

TAKE of the highest rectify'd spirit of wine, (*viz.* lamp-spirits) that will burn all away dry, and leave not the least moisture behind, half a pint; newly distill'd oil, or spirit of turpentine, half a pint; mix them together, and break into it in small bits half an ounce of camphire, which will dissolve in it in a few minutes; shake them well together, and with a piece of sponge, or a brush dipt in some of it, wet very well the bed or furniture wherein those vermin harbour or breed, and it will infallibly kill and destroy both them and their nits, altho' they swarm ever so much; but then the bed or furniture must be well and throughly wet with it (the dust upon them being first brush'd and shook off); by which means it will neither stain, soil, or in the least hurt the finest silk or damask bed that is. The quantity here order'd of this curious neat white mixture (which costs but about a shilling) will rid any one bed whatsoever, tho' it swarms with bugs; do but touch a live bug with a drop of it, and you will find it to die instantly. If any bug or bugs should happen to appear after once using it, it will only be for want of well wetting the lacing, *&c.* of the bed, or the foldings of the linings or curtains near the rings, or the joints or holes in and about the bed, head-board, *&c.* wherein the bugs or nits nestle and breed; and then their being well wet again with more of the same mixture, which dries in as fast as you use it, pouring some of it into the joints and holes where the sponge or brush cannot reach, will never fail absolutely to destroy them all. Some beds that have much wood-work can hardly be throughly clear'd, without being first taken down; but others that can be drawn out, or that you can get well behind, to be done as it should be, may.

Note, The smell this mixture occasions, will be all gone in two or three days, which yet is very wholsome, and to many people agreeable; you must

remember

remember always to shake the mixture together very well whenever you use it, which must be in the day-time, not by candle light, lest the subtilty of the mixture should catch the flame as you are using it, and occasion damage.

An infallible Receipt to destroy Bugs.

TO every ounce of quicksilver put the whites of five or six eggs, mix them, and beat them well together in a wooden dish with a brush, till the globules of the quicksilver are but just perceptible; then after having taken the bedstead to pieces, and brush'd it very clean from dust and dirt (without washing) rub into all the cracks and joints the above mixture, letting it dry on; nor must the bedstead be wash'd at any time afterwards: by the first application they will in most places be destroy'd; if not, a second will not fail destroying them entirely.

An excellent Way of Washing, to save Soap, and whiten Cloaths.

TAKE a butter-tub, or one of that size, and with a gimblet bore holes in it about half way; then put into your tub some clean straw, and over that about a peck of wood-ashes; then fill it with cold water, and set it into another vessel to receive the water as it runs out of the holes of the tub; if it is too strong a lye, add to it some warm water; and then wash your linen in it slightly, soaping the cloaths before you wash them; two pound of soap will go as far as six pound, and make the cloaths whiter and cleaner, when they by experience have got the right way: if it is too strong for the hands, make it weaker with water.

To take Mildew out of Linen.

TAKE soap, and rub it on very well; then scrape chalk very fine, and rub that in well, and lay it on the grass; and as it dries, wet it a little; and at once or twice doing it will come out.

A true

A true Account of a Person, who dy'd by the Bite of a mad Dog.

WILLIAM JANES, a farmer of good repute in *Milton*, near *Wooburn* in *Bedfordshire*, was bit in the nose by a mad dog one *Easter-day*; immediately he felt a pain shooting upwards into his head; the foam of the dog went into his mouth as well as nostrils, the wound bled plentifully for a long time, and in less than two hours he got some of Dr. *Mead*'s powder, and took a dose according to direction, and the surgeon apply'd a plaister to the wound. The next day he went to the salt-water, taking the powder with him, and was dipt in it three several times, thrice at a time, and brought away some quarts of it with him, and drank it. He continu'd six weeks and longer generally well enough to go about his business, and into company, so that it was hoped all danger was over, tho' many times taking a dislike to liquor; and had a pain in his nose, a heaviness upon his spirits, and a stupor in his brain; was indisposed at the full of the moon, and also in a morning till he had bathed, which he constantly did every morning, and was then usually well and in good order all the day after. At length, after having felt some little indisposition on the *Friday* and *Saturday* before, upon *Sunday* the 22d of *June*, (eleven weeks after he had been bit) going to drink a draught of beer after dinner, he was surpriz'd to find that he was able to get down but a little. And the same thing happen'd to him as he attempted to drink some ale at a friend's house that afternoon. This day he had many violent fits of sneezing, a pain in his nose, and was observed to stagger like a drunken man as he was going to bed. That night he got no sleep, and on *Monday* morning, *June* 23. the grand symptom, the *hydrophobia*, appear'd to some purpose; for tho' he could at first chew a dry crust, or swallow a very small crumb of bread or biscuit soak'd in milk or beer, yet in a little time he was seiz'd with an

utter

utter averſion to all manner of liquids, ſmall or ſtrong, warm or cold; if but a tea-cup full of ſmall-beer or water touch'd his lips, he ſtarted, and threw back his head in a ſudden and violent manner, as terrify'd or ſtrangled, and could not drink a drop; afterwards he could not bear it to come near him, and begg'd his attendants not to attempt it; they put a little beer into a ſpoon, covering it from his ſight, and gave him a ſtraw to ſuck it in; but the firſt drop that came into his mouth made him ſtart, and throw back his head in the ſame haſty manner: he grievouſly complain'd of a pain in the belly, and ſickneſs in the ſtomach, often ſtriving to vomit, but brought up little beſides flegm; he had alſo a pain in his noſe, and on the left ſide of his head, a ſwelling or foreneſs about his jaws and throat: all ſtrip'd and flower'd cloaths, and glaring colours, became ſo offenſive, that he could not endure the ſight of them: his underſtanding all this day was clear and perfect, rather quicker than uſual. The next night he had no more ſleep than the night before, being in a very high fever, reſtleſs, and much given to talking. On the next day (when the moon was at full) his heart began to heave and beat in an extraordinary manner; this threw him into a moſt violent ſweat, and terrible fit, with convulſions, which cauſed him to utter a ſound not unlike the barking of a dog; after this, tho' ſo well recover'd as to talk reaſonably, yet the fever increas'd apace, with all its bad ſymptoms; a red colour in his face was raiſed to the higheſt degree, his eyes became exceeding ſparkling, fiery and ghaſtly; his ſweating was exceſſive, his vomitings frequent and violent, which cauſed a great deal of froth and drivel to hang upon his mouth and noſtrils; and yet (as he complain'd) he had not power (he knew not why) to put up his hand to his noſtrils to wipe them; ſtill he retain'd his underſtanding, but not without a mixture of frenzy, which increas'd every hour. Being apprehenſive of what might follow, he deſired his wife and children to ſee him

him no more, for fear he ſhould bite them, or do 'em ſome other miſchief; and mightily importun'd the company to faſten him with cord or chains to ſome poſt or beam in ſome private room, where none might ſee him; and accordingly, being no longer able to continue in bed, he put on his cloaths; and while they were preparing to ſecure him from doing harm, ſtood with one chain upon his leg, cloſe up to one corner of the chamber, plainly diſcovering a certain ſhyneſs, and furious look, uſual with mad people. No ſooner was he faſten'd with chains and ſtaples to the floor in the middle of the chamber, and his hands ſecur'd with handcuffs, but he fell out with every one that came near him, tho' he had been for the moſt part remarkably meek and mild before; and about midnight complain'd of an exceſſive coldneſs of body. His ſpeech began to faulter; and lying down on one ſide, he died in a manner ſuddenly, and to appearance eaſily, or without much pain.

An infallible Cure for the Bite of a mad Dog.

OF all the diſeaſes incident to mankind, there is none ſo ſhocking to our nature as the bite of a mad dog; and yet, as terrible as it is, we have known inſtances of thoſe who choſe rather to hazard the worſt effects of it, and to die the worſt of deaths, than to follow the advice of their phyſicians, by makeing uſe of the known ſpecifick of dipping in the ſea, or ſalt-water. It is for the ſake of people of this unhappy temper, who may have the misfortune to be ſo bit, and of thoſe who may have cattle that are ſo, that we publiſh the following receipt, which has been frequently made uſe of in a neighbouring county, and (as the gentleman who communicated it, ſays) was never known to fail.

Take ſix ounces of rue clean'd, pick'd, and bruiſed, four ounces of garlick peel'd and bruiſed, four ounces of *Venice* treacle, four ounces of fil'd pewter,

or

or ſcrap'd tin; boil theſe in two quarts of the beſt ale, in a pan cover'd cloſe, over a gentle fire, for the ſpace of an hour; then ſtrain the ingredients from the liquor: give eight or nine ſpoonfuls of it warm to a man or woman three mornings faſting, and cold to any beaſt faſting; eight or nine ſpoonfuls are ſufficient for the ſtrongeſt, a leſs quantity to thoſe younger, or of a weaker conſtitution, as you may judge of their ſtrength; ten or twelve, for a horſe or bullock; three, four or five, for a ſheep, hog, or dog: this muſt be given within nine days after the bite, and it never fails either in man or beaſt; if you can conveniently, bind ſome of the ingredients on the wound.

Another for the Bite of a mad Dog.

TAKE the leaves of rue, pick'd from the ſtalks and bruiſed, ſix ounces; garlick pick'd from the ſtalks and bruiſed, *Venice* treacle or mithridate, and ſcrapings of pewter, of each four ounces; boil all theſe over a ſlow fire in two quarts of ale, till one pint is conſumed; keep it in a bottle cloſe ſtopped, and give of it nine ſpoonfuls to the perſon warm ſeven mornings ſucceſſively, and ſix to a dog, to be given nine days after the bite; apply ſome of the ingredients to the part bitten. *N. B.* This receipt was taken out of *Cathorp* Church in *Lincolnſhire*, the whole town almoſt being bitten, and not one perſon who took this medicine but was cured.

Another for the ſame.

TAKE the ſhells of male oyſters, and calcine the white or inner part of them; when thoroughly calcined, which may be done either in an oven or a crucible, beat them to a fine powder in a mortar: that powder muſt alſo be ſifted through a fine ſieve; when all this is done, put *ſix gros of the powder into a pint of right neat white-wine, and let the patient drink it off, without taking any other thing, of any kind

** Eight Gros make a French Ounce, which our Apothecaries know how to adjuſt to their own.*

whatever,

whatever, until at leaſt three hours afterwards; and by all means not to touch butter, or any thing that is oily, during the time of cure. The next day he muſt take four gros of the ſame powder in the aforeſaid quantity of wine, and the third day two gros, ſtill faſting three hours afterwards; and then the cure is completed.

A Receipt for Colds.

TAKE of *Venice* treacle half a dram, powder of ſnake-root twelve grains, powder of ſaffron ſix grains, volatile ſalt of harts-horn four grains, ſyrup of cloves a ſufficient quantity to make it into a bolus; to be taken going to reſt, drinking a large draught of warm mountain-whey after it.

N. B. Thoſe who can't afford mountain-whey, may drink treacle-poſſet. To ſuch conſtitutions as can't be provok'd to ſweat, opening a vein, or a gentle purge, will be of great ſervice.

Terms of Art for Carving.

BARBEL, to tusk
Bittern, to disjoint
Brawn, to leach
Bream, to ſplay
Brew, to untach
Buſtard, to cut up
Capon, to ſouce
Chevin, to fin
Chicken, to fruſh
Coney, to unlace
Crab, to tame
Crane, to diſplay
Curlew, to untach
Deer, to break
Eel, to tranſon
Egg, to tire
Egript, to break
Flounder, to fauce
Gooſe, to rear
Haddock, to ſide
Hen, to ſpoil
Hern, to diſmember
Lamprey, to ſtring
Lobſter, to barb
Mullard, to unbrace
Partridge, to wing
Paſty, to border
Peacock, to diſfigure
Pheaſant, to allay
Pigeon, to thigh
Pike, to ſplat
Plover, to mince
Quail, to wring
Salmon, to chine
Small Birds, to thigh
Sturgeon, to tranch
Swan, to lift
Tench, to ſauce
Trout, to culpon
Turkey, to cut up
Woodcock, to thigh.

Inſtructions

Inſtructions for Carving, according to theſe Terms of Art.

To unjoint a Bittern.

RAISE his wings and legs as a hern, and no other ſauce but ſalt.

To cut up a Buſtard.

See Turkey.

To ſauce a Capon.

Take a capon, and lift up the right leg, and ſo array forth, and lay in the platter; ſerve your chickens in the ſame manner, and ſauce them with green ſauce, or verjuice.

To unlace a Coney.

Turn the back downward, and cut the flaps or apron from the belly or kidney; then put in your knife between the kidneys, and looſen the fleſh from the bone on each ſide; then turn the belly downward, and cut the back croſs between the wings, drawing your knife down on each ſide the back-bone, dividing the legs and ſides from the back; pull not the leg too hard, when you open the ſide from the bone; but with your hand and knife neatly lay open both ſides from the ſcut to the ſhoulder; then lay the legs cloſe together.

To diſplay a Crane.

Unfold his legs, then cut off his wings by the joints; after this take up his legs and wings, and ſauce them with vinegar, ſalt, muſtard, and powder'd ginger.

To unbrace a Duck.

Raiſe up the pinions and legs, but take them not off, and raiſe the merry-thought from the breaſt; then lace it down each ſide of the breaſt with your knife, wrigling your knife to and fro, that the furrows may lie in and out: after the ſame manner, unbrace a mallard.

To rear a Gooſe.

Take off both legs fair, like ſhoulders of lamb; then cut off the belly-piece

piece round cloſe to the end of the breaſt; then lace your gooſe down on both ſides of the breaſt half an inch from the ſharp bone; then take off the pinion on each ſide, and the fleſh you firſt laced with your knife; raiſe it up clean from the bone, and take it off with the pinion from the body; then cut up the merry-thought; then cut from the breaſt-bone another ſlice of fleſh quite thro'; then turn up your carcaſe, and cut it aſunder, the back-bones above the loin-bones; then take the rump-end of the back bone, and lay it in a diſh, with the ſkinny ſide upwards; lay at the fore-end of it the merry-thought, with the ſkinny ſide upwards, and before that the apron of the gooſe; then lay the pinions on each ſide contrary, ſet the legs on each ſide contrary behind 'em, that the bone-ends of the legs may ſtand up croſs in the middle of the diſh, and the wing-pinions may come on the outſide of them; put the long ſlice, which you cut from the breaſt-bone, under the wing-pinions on each ſide, and let the ends meet under the leg-bones, and let the other ends lie cut in the diſh, betwixt the leg and the pinion; then pour in your ſauce under the meat; throw on ſalt, and ſerve it to table again.

To diſmember a Hern.

Take off both the legs, and lace it down the breaſt on both ſides with your knife, and open the breaſt-pinion, but take it not off; then raiſe up the merry-thought between the breaſt-bone and the top of it; then raiſe up the brawn; then turn it outward upon both ſides, but break it not, nor cut it off; then cut off the wing-pinions at the joint next the body, and ſtick in each ſide the pinion in the place you turn'd the brawn out; but cut off the ſharp end of the pinion, and take the middle piece, and that will juſt fit in the place. You may cut up a capon, or pheaſant the ſame way.

To unbrace a Mallard.

This is done the ſame way as to unbrace a duck, which ſee.

To wing a Partridge.

Raiſe his legs and wings, and ſauce him with wine, powder'd ginger, and a little ſalt.

To allay a Pheaſant.

Do this as you do a partridge; but uſe no other ſauce but ſalt.

To wing a Quail.

Do this the ſame way as you do a partridge.

To lift a Swan.

Slit the ſwan down in the middle of the breaſt, and ſo clean thro' the back, from the neck to the rump; then part it in two halves, but do not break or tear the fleſh; then lay the two halves in a charger, with the ſlit ſide downwards; throw ſalt upon it; ſet it again on the table; let the ſauce be chaldron, and ſerve it in ſaucers.

To break a Teal.

Do this the ſame way as you do a pheaſant.

To cut up a Turkey.

Raiſe up the leg fairly, and open the joint with the point of your knife, but take not off the leg; then with your knife lace down both ſides of the breaſt, and open the breaſt-pinion, but do not take it off; then raiſe the merry-thought betwixt the breaſt-bone and the top of it; then raiſe up the brawn; then turn it outward upon both ſides, but not break it, nor cut it off; then cut off the wing-pinions at the joint next the body, and ſtick each pinion in the place you turn'd the brawn out; but cut off the ſharp end of the pinion, and take the middle piece, and that will juſt fit in the place. You may cut up a buſtard, a capon, or pheaſant, the ſame way.

To thigh a Woodcock.

Raiſe the wings and legs, as you do a hern, only lay the head open for the brains; and as you thigh a hern, ſo you muſt a curlew, plover, or ſnipe, excepting that you have no other ſauce but ſalt.



round

Second Course

A Turkey Roasted

3 Wood Cocks with Toasts

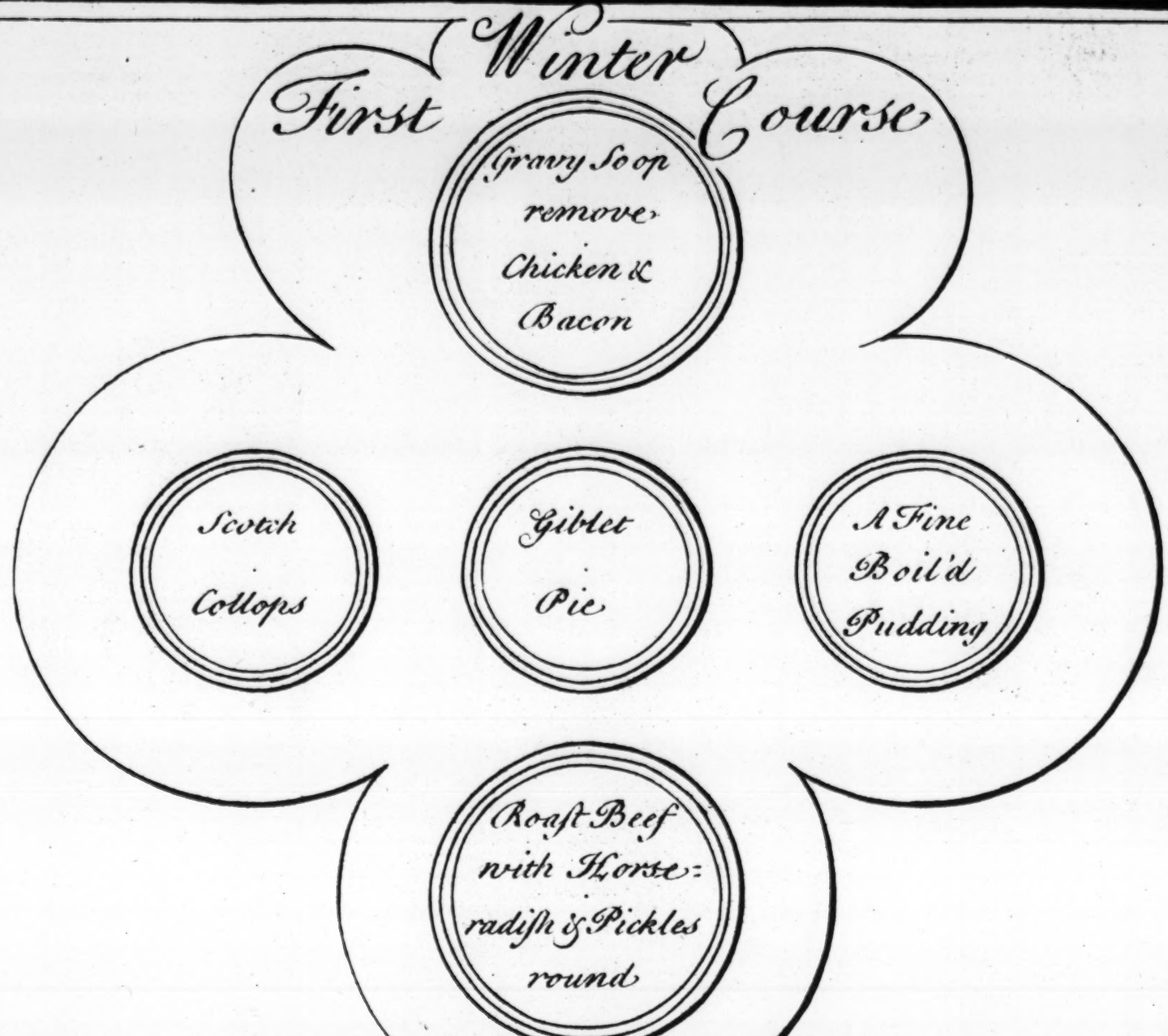
A Tansey & Garnish with Orange

A Hare with a Savary Pudding

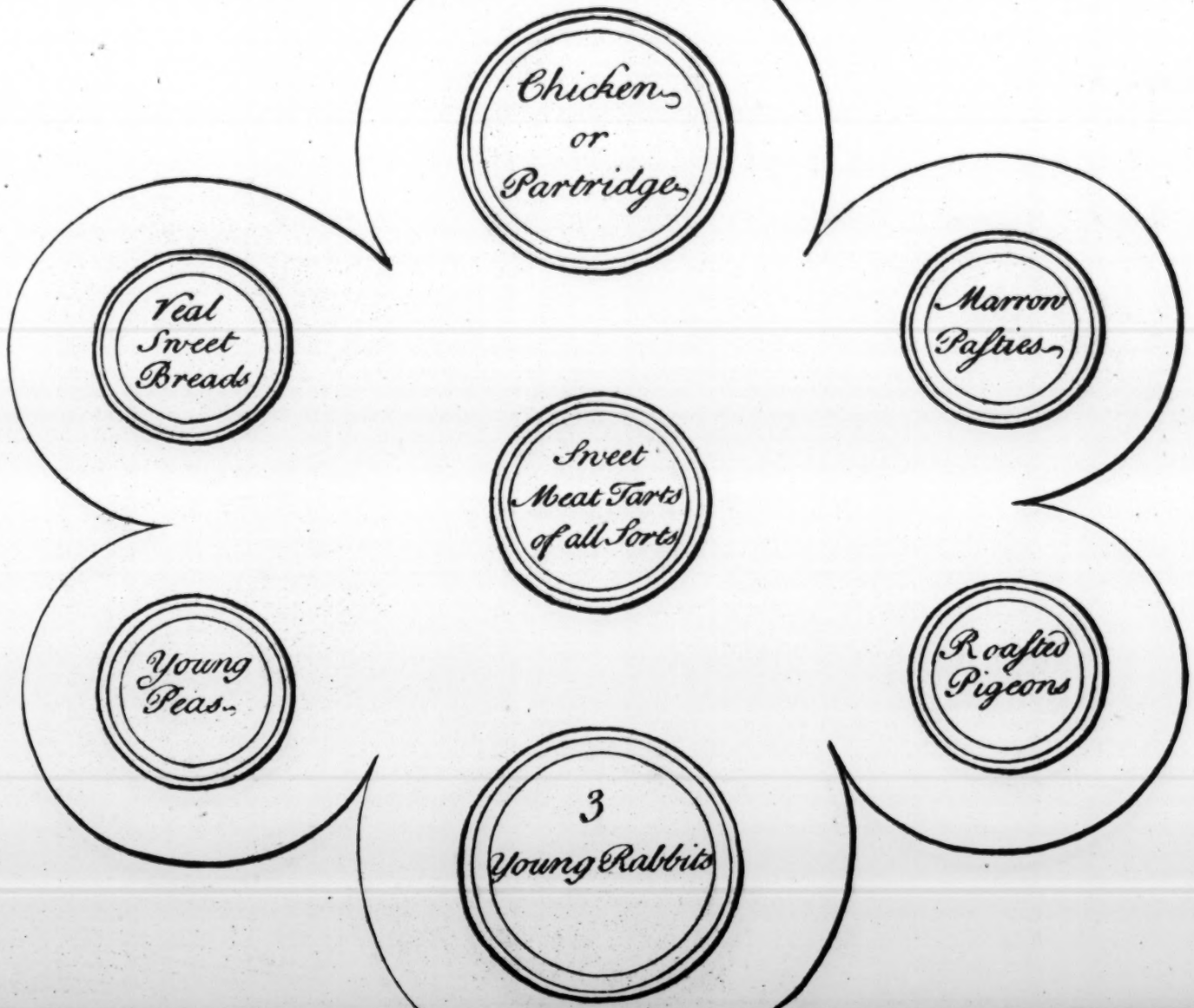
A Butter'd Apple Pie Hot

Winter

First Course



Second Courfe



Summer

First Course

A Soop remove Dish of Fish

Orange Pudding

A Venison Pasty

Tongue & Collyflower

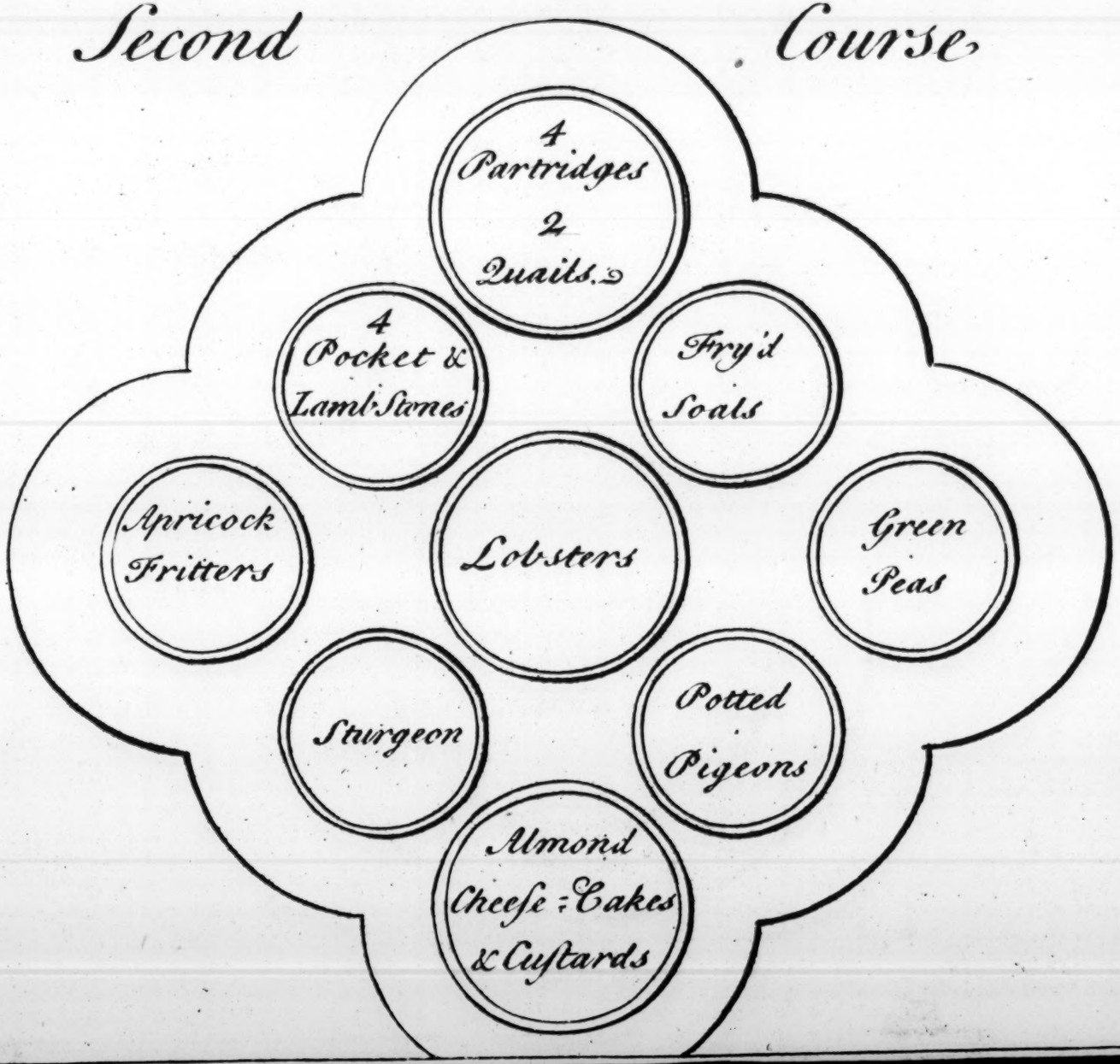
A Chine of Mutton.

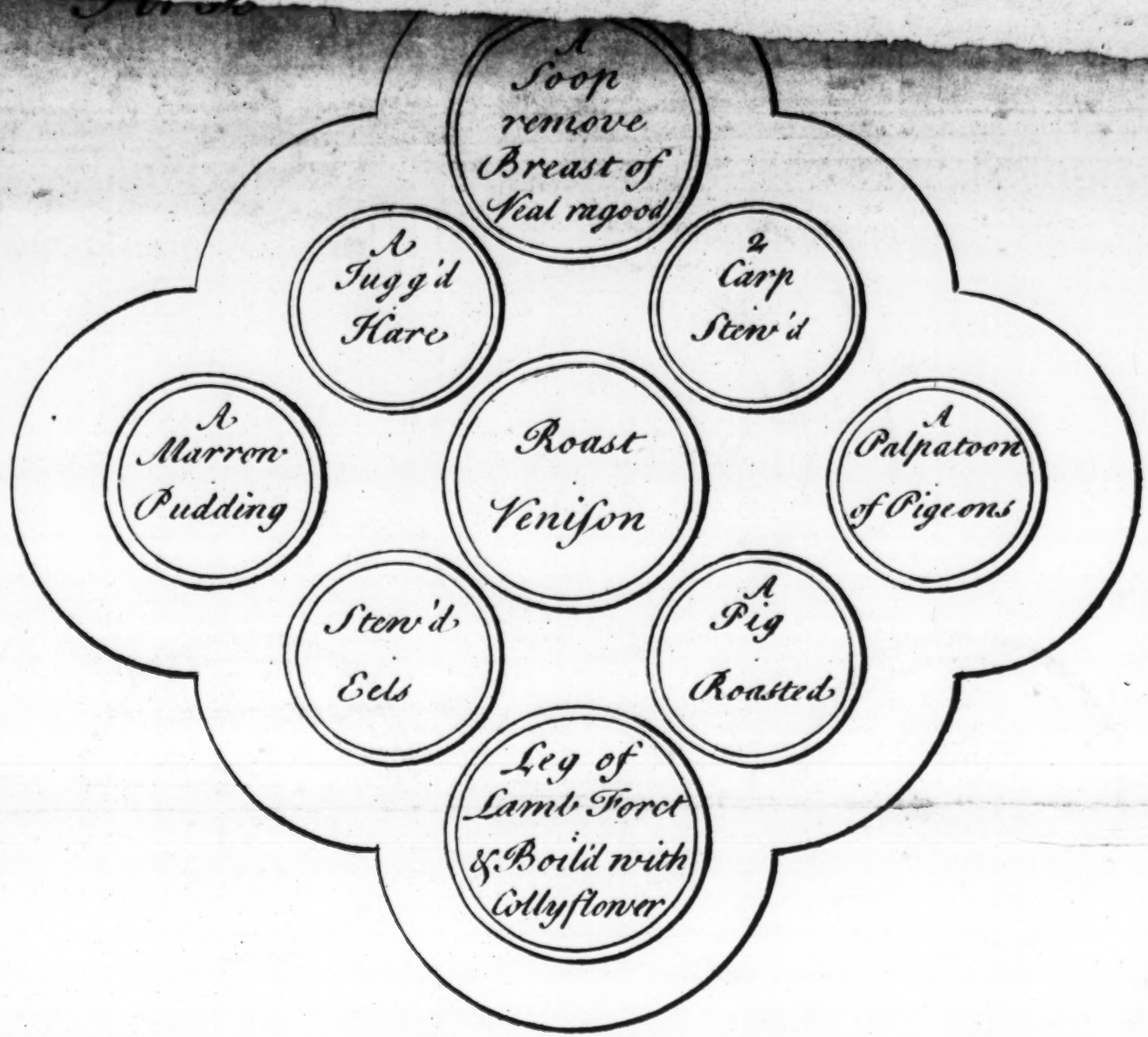
Course

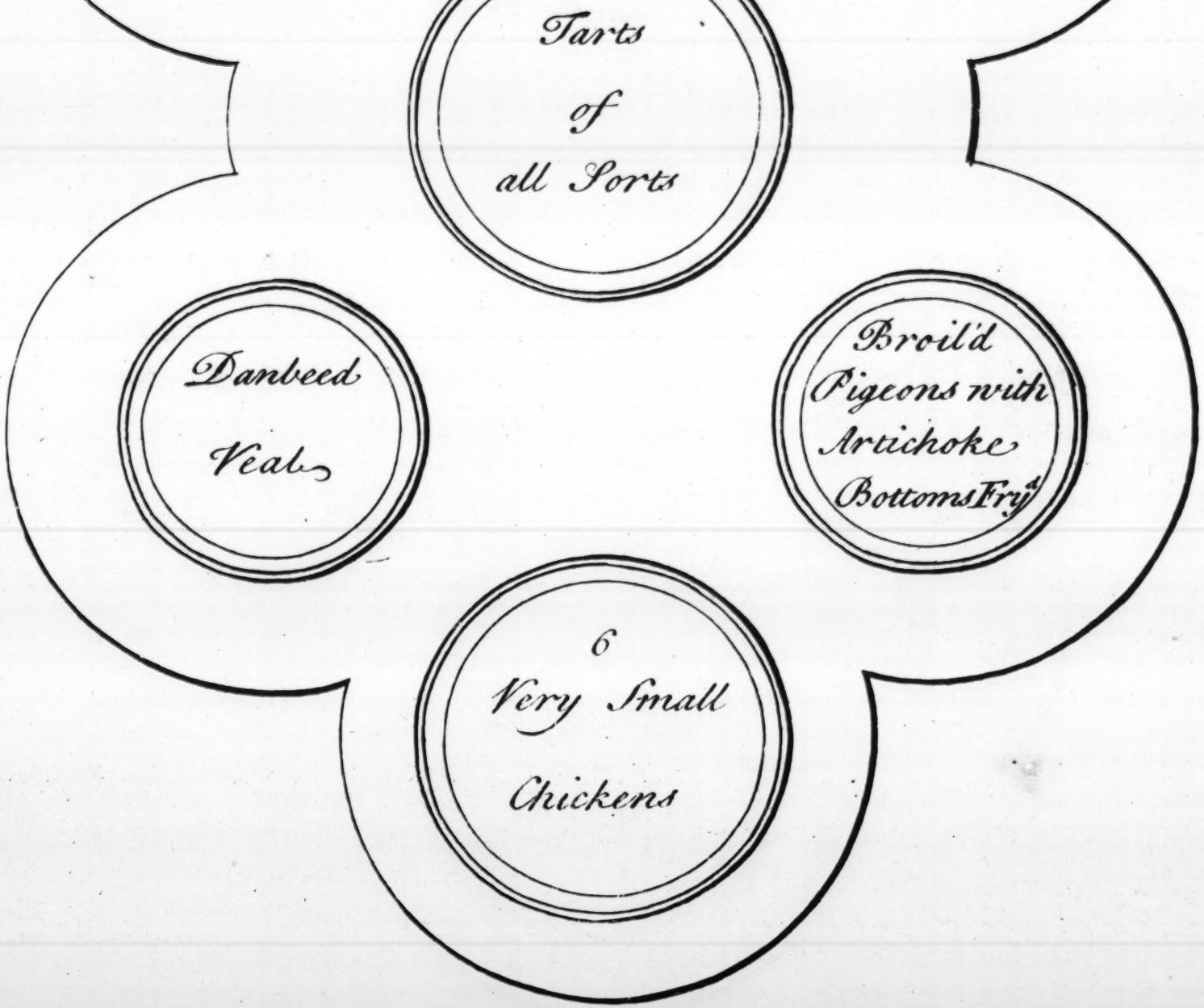
white Fricacy

Bacon & Beans

Second Course

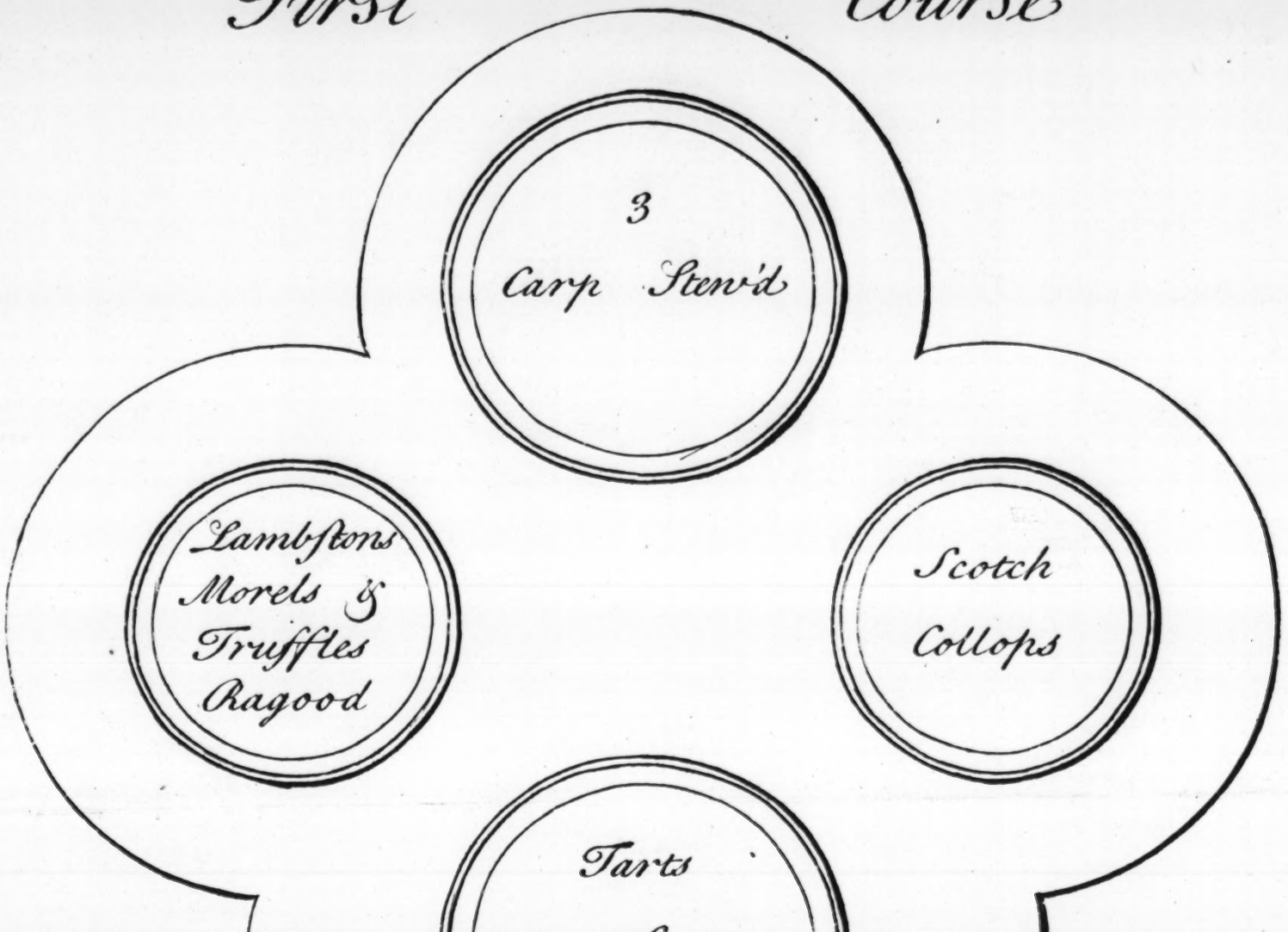



A Soop remove Breast of Veal ragood
A Jugg'd Hare
2 Carp Stew'd
A Marron Pudding
Roast Venison
A Palpatoon of Pigeons
Stew'd Eels
A Pig Roasted
Leg of Lamb Forct & Boild with Collyflower


Tarts
of
all Sorts
Danbeed
Veal
Broil'd
Pigeons with
Artichoke
Bottoms Fry'd
6
Very Small
Chickens

A Supper

First Course



Allmonds

Sweet meats

Rata-
fia drops

Stranberies

A
Pyramid of
dry'd Sweet
meats

Cherries

Maka-
roons

Wet
Sweet
meats

Allmond
Flummery

Cream
plain

A
Dish of
Peas

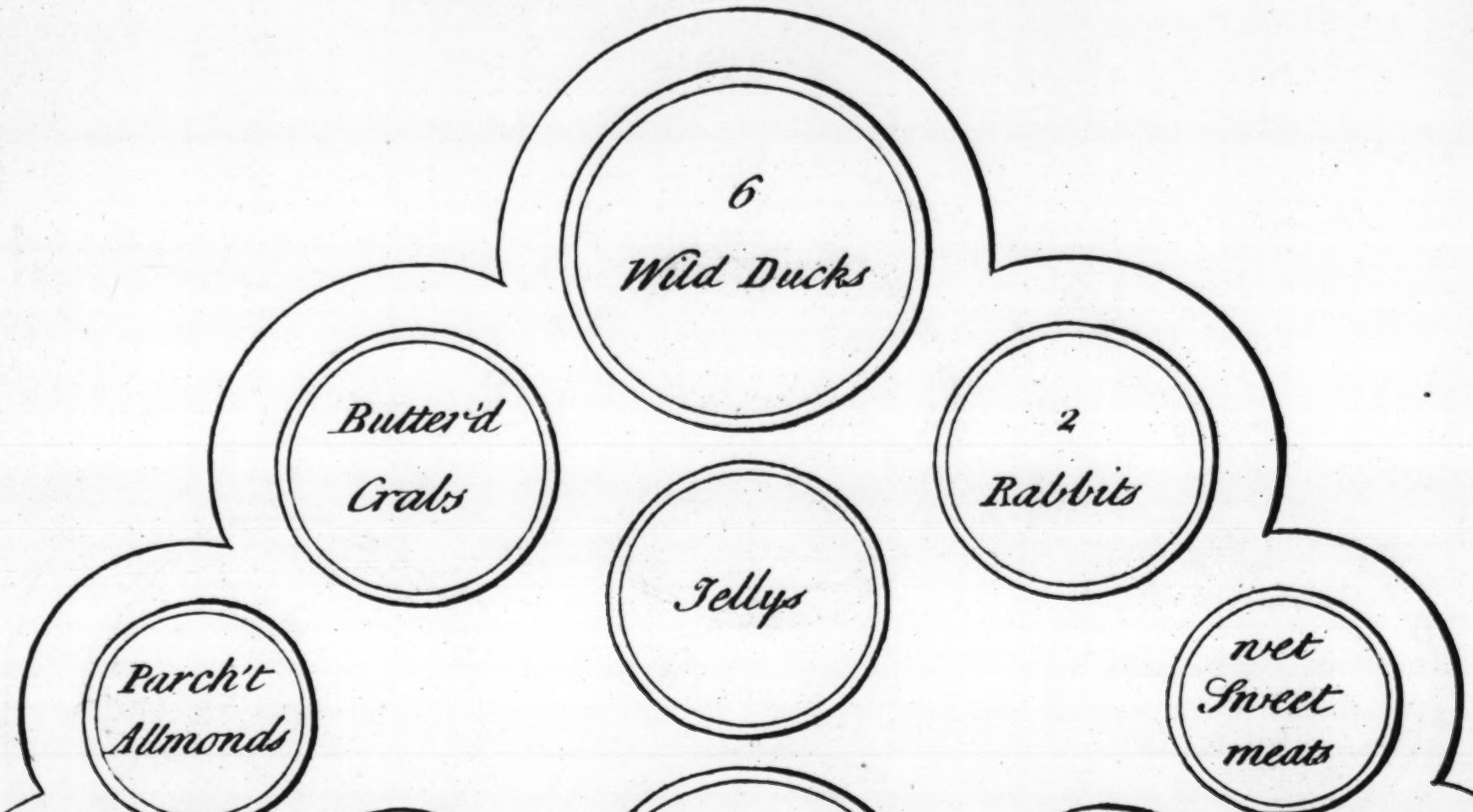
Very
small Arti-
chokes

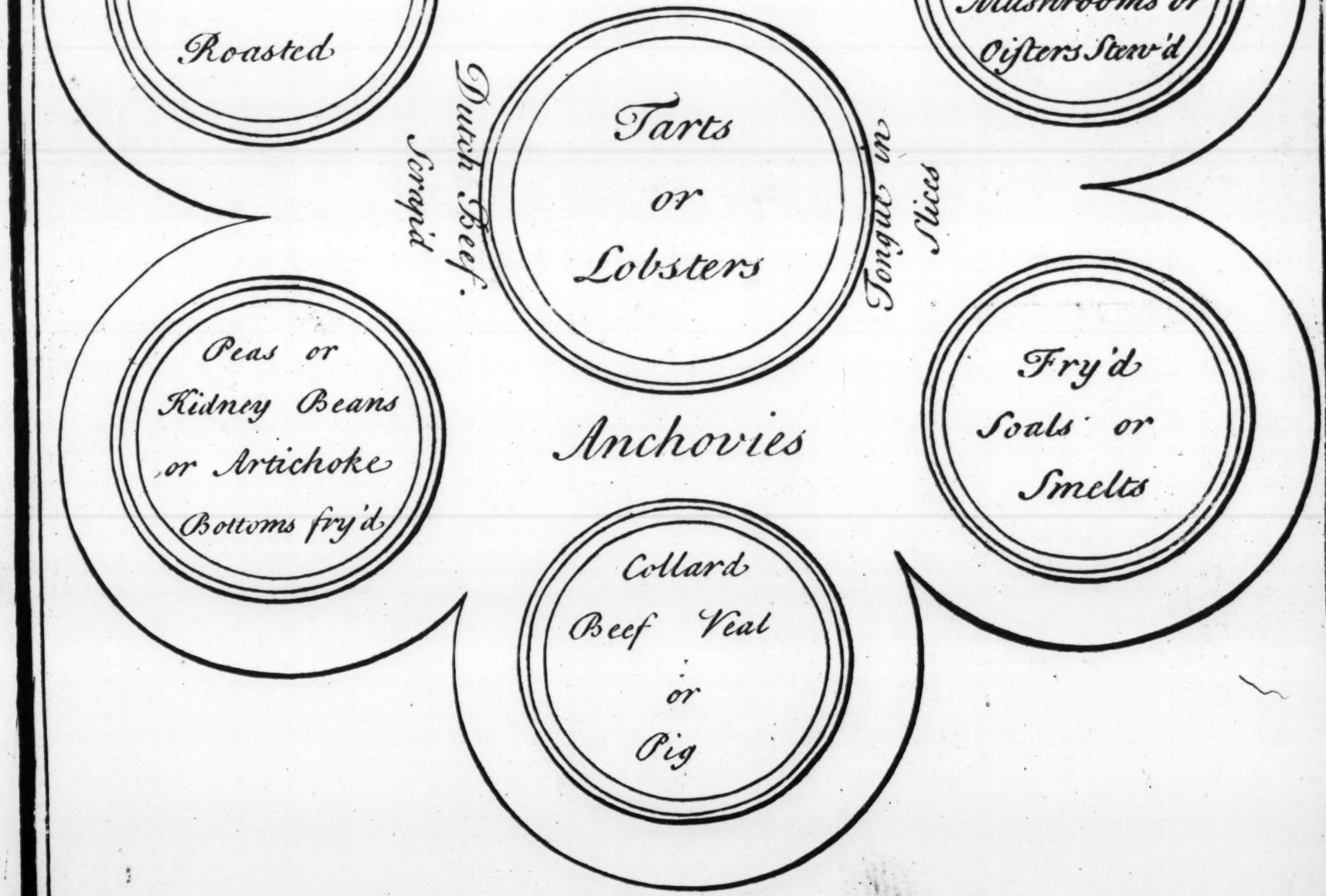
2
Large Lobsters

Second Course

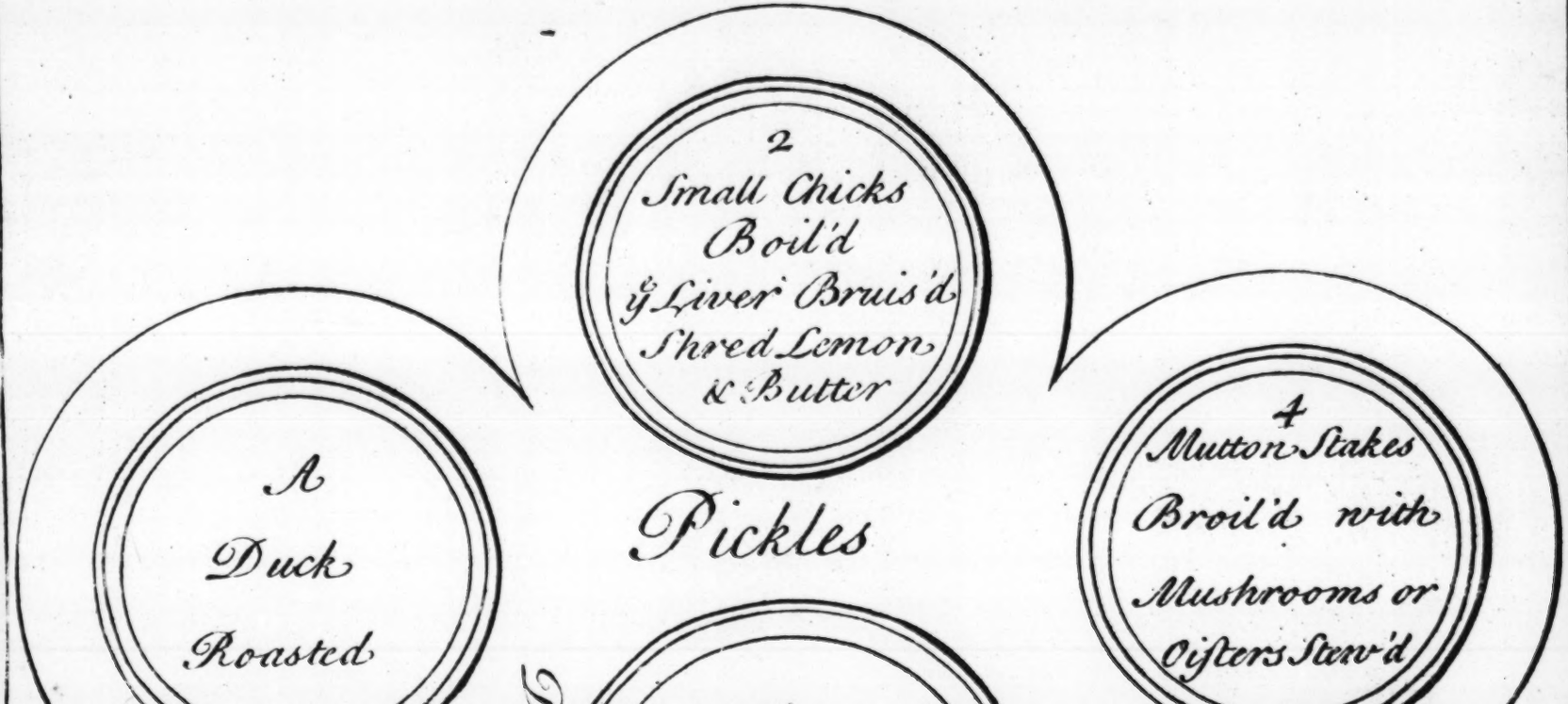
The

Desert in the Middle




Roasted
Mushrooms or Oisters Stew'd
Dutch Beef Scrap'd
Tarts or Lobsters
Tongue in Slices
Peas or Kidney Beans or Artichoke Bottoms fry'd
Anchovies
Fry'd Soals or Smelts
Collard Beef Veal or Pig

An Amlegue or Dish of Plates for Supper.





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